

# Healthy Habits Chart

Date:

Name:

## PHYSICAL

- DRINK 8 GLASSES OF WATER PER DAY
- EXERCISE 150 MINUTES PER WEEK
- EAT 5-10 SERVINGS OF FRUITS AND VEGETABLES PER DAY
- SLEEP 6-8 HRS PER DAY
- TAKE YOUR VITAMINS AND MEDICINES

## MENTAL

- JOURNAL AT LEAST ONCE PER WEEK
- WORK HARD, REST WELL
- TAKE PART IN A SELF-CARE ACTIVITY EVERYDAY
- SEEK PROFESSIONAL COUNSELLING
- LISTEN, READ AND WATCH UPLIGHTING MATERIAL

## SOCIAL (EMOTIONAL/SPIRITUAL)

- READ YOUR BIBLE, PRAY EVERYDAY
- CONNECT WITH A LOVED ONE EVERYDAY
- GET INVOLVED IN COMMUNITY
- SEEK TO LEARN SOMETHING NEW EACH DAY

## ASSESSMENT:

1. HOW MANY GLASSES OF WATER DO I DRINK PER DAY?
2. HOW MANY SERVINGS OF FRUITS AND VEGETABLES DO I EAT PER DAY?
3. HOW MANY DAYS PER WEEK DO I EXERCISE OR MOVE MY BODY?
4. WHAT HOBBIES DO I PARTICIPATE IN PER WEEK?
5. HOW MANY HOURS OF SLEEP DO I GET PER DAY?
6. HOW OFTEN DO I ASSESS HOW I'M FEELING AND WHAT I'M THINKING?

## RESPONSE: