

# PHYSICAL HABITS TRACKER



Use this worksheet to track your physical habits. Sleeping enough, eating well, and moving your body daily are three foundational skills that contribute to strengthening your mental fitness. Evaluate your current habits, and make it a priority to adjust your habits by tracking each one daily. We recommend finding an accountability partner who will encourage you to strengthen these foundational skills, and who may track their habits along with you.

## EXAMPLE OF HEALTHY HABITS

### Sleep Habits

14 - 17 years old      8-10 hours/night  
18+ years old      7-9 hours/night

### Eating Habits

Try to base your diet around these healthy food groups:

- Vegetables, fruits, meat and fish, nuts and seeds, eggs, dairy, healthy starches, beans and legumes, beverages, herbs and spices.

Try to limit these food groups:

- Sugar based products, trans fats, refined carbs, vegetable oils and processed low fats.

### Physical Habits

- At least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity.
- The guidelines suggest that you spread this exercise throughout the week.
- Strength training exercises for all major muscle groups at least two times a week.

## EXAMPLE:

WEEK 1	SUN	MON	TUE	WED	THU	FRI	SAT
Sleep Habits	8hr	6hr	7hr	8hr	7 hr	7hr	8hr
Eating Habits	great	ok	great	great	great	ok	ok
Physical Activity	1hr	rest	45min	30min	1hr	45min	1hr

# PHYSICAL HABITS TRACKER



Use this worksheet to track your physical habits. Sleeping enough, eating well, and moving your body daily are three foundational skills that contribute to strengthening your mental fitness. Evaluate your current habits, and make it a priority to adjust your habits by tracking each one daily. We recommend finding an accountability partner who will encourage you to strengthen these foundational skills, and who may track their habits along with you.

WEEK 1	SUN	MON	TUE	WED	THU	FRI	SAT
Sleep Habits							
Eating Habits							
Physical Activity							

WEEK 2	SUN	MON	TUE	WED	THU	FRI	SAT
Sleep Habits							
Eating Habits							
Physical Activity							

WEEK 3	SUN	MON	TUE	WED	THU	FRI	SAT
Sleep Habits							
Eating Habits							
Physical Activity							

WEEK 4	SUN	MON	TUE	WED	THU	FRI	SAT
Sleep Habits							
Eating Habits							
Physical Activity							