



Live well one day at a time!

Keep track of how you're making healthy choices as you eat, sleep, serve, and move.

If an activity you do fits multiple categories (e.g., playing tennis with family members), give yourself multiple stars.

Set a goal for how many stars you're trying to achieve that week.

Then, make it happen ... and see how good you feel!

Repeat four weeks in a row to create habits that will last.

MY GOAL THIS WEEK: _____ STARS



		STARS PER DAY	SUN	MON	TUES	WED	THU	FRI	SAT	
EAT WELL	Healthy breakfast – start the day with a nutritious meal e.g., whole grains, low-fat protein, low-fat dairy, fruit, vegetables	1 star								← WEEKLY TOTAL
	Healthy lunch – fuel up with a nutritious midday meal e.g., whole grains, fruit, vegetables, lean meat serving no bigger than a deck of cards, low-fat dairy	1 star								
	Healthy dinner – end the day with a nutritious meal e.g., whole grains, fruit, vegetables, lean meat serving no bigger than a deck of cards, low-fat dairy	1 star								
	Healthy snacks – choose fruits, vegetables, whole grains, nuts	1 star								
	H2O – drink eight+ 8-ounce glasses water	1 star								
EXERCISE	Physical activity – choose aerobic, strength training, core exercise or a combination e.g., walk, run, swim, sports, chores, resistance machines, free weights, pilates, yoga, abdominal crunches	30 min = 2 stars 45 min = 3 stars 60 min = 4 stars								
NURTURE	Feed your spirit e.g., pray, meditate, listen to music, journal	30 min = 1 star								
	Care for your social network e.g., quality time with family/friends, volunteer, grow a relationship	60 min = 1 star								
	Do what you love – indulge your passion e.g., do a hobby, cook, garden, read, play a musical instrument	30 min = 1 star								
	Sleep – at least 7 hrs	1 star								
TOTAL										

This tracking sheet is offered for general information purposes only and should not be seen as recommending a specific course of action. Always seek the advice of your physician or other qualified health care provider before starting an exercise program or significantly changing your diet.