

WELLNESS CHECK-INS

Name: _____ Facility: _____

Instructions: Use the tables below to track your healthy habits for six weeks at any point during the current 6-month period. There are six pages to this activity and each page starts a new week. Check off the habits you complete each day.

You will earn 20 points for completing this activity.

WEEK 1

Fitness Habits	SU	M	T	W	TH	F	SA
Take the stairs instead of elevator							
Walk for 30 minutes after lunch or dinner							
Participate in a local walk/run event							
Replace watching TV after dinner with physical activity							
Exercise for 20 minutes before AND after work							
Take a 10-minute walking break							
Nutrition Habits							
Add fruit to cereal, yogurt or oatmeal							
Use a smaller plate							
Do not go back for seconds							
Make a grocery list before food shopping							
Choose water opposed to soda							
Plan your meals for the week							
Drink eight 8oz glasses of water throughout the day							
Choose a fruit or veggie for your mid-day snack							
Lifestyle Habits							
Leave for work 5 minutes early to avoid feeling rushed							
Keep a list of goals you reach							
Get a massage							
Create a to-do list for the week							
Play a game with your family or friends							
Eat dinner as a family							
Other (write in your own healthy habit):							

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WEEK 2

Fitness Habits	SU	M	T	W	TH	F	SA
Take the stairs instead of elevator							
Walk for 30 minutes after lunch or dinner							
Participate in a local walk/run event							
Replace watching TV after dinner with physical activity							
Exercise for 20 minutes before AND after work							
Take a 10-minute walking break							
Nutrition Habits							
Add fruit to cereal, yogurt or oatmeal							
Use a smaller plate							
Do not go back for seconds							
Make a grocery list before food shopping							
Choose water opposed to soda							
Plan your meals for the week							
Drink eight 8oz glasses of water throughout the day							
Choose a fruit or veggie for your mid-day snack							
Lifestyle Habits							
Leave for work 5 minutes early to avoid feeling rushed							
Keep a list of goals you reach							
Get a massage							
Create a to-do list for the week							
Play a game with your family or friends							
Eat dinner as a family							
Other (write in your own healthy habit):							

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WEEK 3

Fitness Habits	SU	M	T	W	TH	F	SA
Take the stairs instead of elevator							
Walk for 30 minutes after lunch or dinner							
Participate in a local walk/run event							
Replace watching TV after dinner with physical activity							
Exercise for 20 minutes before AND after work							
Take a 10-minute walking break							
Nutrition Habits							
Add fruit to cereal, yogurt or oatmeal							
Use a smaller plate							
Do not go back for seconds							
Make a grocery list before food shopping							
Choose water opposed to soda							
Plan your meals for the week							
Drink eight 8oz glasses of water throughout the day							
Choose a fruit or veggie for your mid-day snack							
Lifestyle Habits							
Leave for work 5 minutes early to avoid feeling rushed							
Keep a list of goals you reach							
Get a massage							
Create a to-do list for the week							
Play a game with your family or friends							
Eat dinner as a family							
Other (write in your own healthy habit):							

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WEEK 4

Fitness Habits	SU	M	T	W	TH	F	SA
Take the stairs instead of elevator							
Walk for 30 minutes after lunch or dinner							
Participate in a local walk/run event							
Replace watching TV after dinner with physical activity							
Exercise for 20 minutes before AND after work							
Take a 10-minute walking break							
Nutrition Habits							
Add fruit to cereal, yogurt or oatmeal							
Use a smaller plate							
Do not go back for seconds							
Make a grocery list before food shopping							
Choose water opposed to soda							
Plan your meals for the week							
Drink eight 8oz glasses of water throughout the day							
Choose a fruit or veggie for your mid-day snack							
Lifestyle Habits							
Leave for work 5 minutes early to avoid feeling rushed							
Keep a list of goals you reach							
Get a massage							
Create a to-do list for the week							
Play a game with your family or friends							
Eat dinner as a family							
Other (write in your own healthy habit):							

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WEEK 5

Fitness Habits	SU	M	T	W	TH	F	SA
Take the stairs instead of elevator							
Walk for 30 minutes after lunch or dinner							
Participate in a local walk/run event							
Replace watching TV after dinner with physical activity							
Exercise for 20 minutes before AND after work							
Take a 10-minute walking break							
Nutrition Habits							
Add fruit to cereal, yogurt or oatmeal							
Use a smaller plate							
Do not go back for seconds							
Make a grocery list before food shopping							
Choose water opposed to soda							
Plan your meals for the week							
Drink eight 8oz glasses of water throughout the day							
Choose a fruit or veggie for your mid-day snack							
Lifestyle Habits							
Leave for work 5 minutes early to avoid feeling rushed							
Keep a list of goals you reach							
Get a massage							
Create a to-do list for the week							
Play a game with your family or friends							
Eat dinner as a family							
Other (write in your own healthy habit):							

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WEEK 6

Fitness Habits	SU	M	T	W	TH	F	SA
Take the stairs instead of elevator							
Walk for 30 minutes after lunch or dinner							
Participate in a local walk/run event							
Replace watching TV after dinner with physical activity							
Exercise for 20 minutes before AND after work							
Take a 10-minute walking break							
Nutrition Habits							
Add fruit to cereal, yogurt or oatmeal							
Use a smaller plate							
Do not go back for seconds							
Make a grocery list before food shopping							
Choose water opposed to soda							
Plan your meals for the week							
Drink eight 8oz glasses of water throughout the day							
Choose a fruit or veggie for your mid-day snack							
Lifestyle Habits							
Leave for work 5 minutes early to avoid feeling rushed							
Keep a list of goals you reach							
Get a massage							
Create a to-do list for the week							
Play a game with your family or friends							
Eat dinner as a family							
Other (write in your own healthy habit):							