

Healthy Habits			Goal Each Week	Sun, Feb 17	Mon, Feb 18	Tue, Feb 19	Wed, Feb 20	Thu, Feb 21	Fri, Feb 22	Sat, Feb 23	Goal Met!
WEEK 7 Check "Goal Met" for a minimum of 5 of the 7 healthy habits this week to complete the week.	30 minutes physical activity	5x									
	10 min. of meditation/breathing	5x									
	2 fruits and 3 veggies	5x									
	7-9 hours of sleep a night	5x									
	Eat a healthy breakfast	5x									
	Floss your teeth	5x									
	8 Glasses of 8-oz. Water	5x									

Healthy Habits			Goal Each Week	Sun, Feb 24	Mon, Feb 25	Tue, Feb 26	Wed, Feb 27	Thu, Feb 28	Fri, Mar 1	Sat, Mar 2	Goal Met!
WEEK 8 Check "Goal Met" for a minimum of 6 of the 7 healthy habits this week to complete the week.	30 minutes physical activity	5x									
	10 min. of meditation/breathing	5x									
	2 fruits and 3 veggies	5x									
	7-9 hours of sleep a night	5x									
	Eat a healthy breakfast	5x									
	Floss your teeth	5x									
	8 Glasses of 8-oz. Water	5x									

How many goals did you meet?

(Minimum is underlined)

Week 1

1 2 3 4 5 6 7

Week 2

1 2 3 4 5 6 7

Week 3

1 2 3 4 5 6 7

Week 4

1 2 3 4 5 6 7

Week 5

1 2 3 4 5 6 7

Week 6

1 2 3 4 5 6 7

Week 7

1 2 3 4 5 6 7

Week 8

1 2 3 4 5 6 7

LME HEALTHY HABITS 2: *Better Choices; Better You*

We're continuing to focus on making small changes that over time can have a big impact on your health and weight. By practicing healthy habits you live a healthier lifestyle and can achieve your long term fitness goals.

INSTRUCTIONS:

- Register at the service desk and pick up a tracking log.
- There are now 7 healthy habits you can complete daily.
- Fill in or check the healthy habit boxes as you complete them.
- If you meet the goal for a healthy habit that week, check the "Goal Met!" box.
- Each week you have a minimum number of goals to meet. If you met the requested number of goals you have successfully completed the week.

TO BE ELIGIBLE TO WIN THE \$50 GRAND PRIZE:

- You must complete the minimum goal(s) all of the 8 weeks our Healthy Habits program runs. Weekly check-in at LME Library is encouraged.
- **Turn in your completed log sheet by 1 PM, March 10, 2017.**
- Participants who completed all 8 weeks' goals and return their logs by Mar. 10th will be entered to win the \$50 Visa gift card by random draw.

FAQS:

Q: When do we weigh-in?

A: *There are NO weigh-ins for our Healthy Habits program! We're changing our habits and that should lead to weight loss but that is not how we are calculating things this year. However, you are responsible for tracking your healthy habits. Weekly check-in at the library is encouraged.*

Q: Do I have to come to library programs to count them as my physical activity?

A: *No, you are welcome to do your 30 minutes of activity any way you wish. However, if you do more than 30 minutes of activity one day, you may not count the extra towards another day.*

Q: Does my 30 minutes of activity have to be all at once?

A: *No, if three 10 minute activity sessions work better for you that's fine. They just need to be completed on the same day.*

Q: Do I need to bring my log sheet when I check-in?

A: *No, weekly check-in is recommended to stay accountable but log sheets do not need to be turned in until the final week.*