

Healthy Habits		Goal Each Week	Sun, Feb 14	Mon, Feb 15	Tue, Feb 16	Wed, Feb 17	Thu, Feb 18	Fri, Feb 19	Sat, Feb 20	Goal Met!
WEEK 7 Check "Goal Met" for a minimum of 5 of the 8 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								
	8 Glasses of 8-oz. Water	5x								
		5x								
		5x								

Healthy Habits		Goal Each Week	Sun, Feb 21	Mon, Feb 22	Tue, Feb 23	Wed, Feb 24	Thu, Feb 25	Fri, Feb 26	Sat, Feb 27	Goal Met!
WEEK 8 Check "Goal Met" for a minimum of 6 of the 8 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								
	8 Glasses of 8-oz. Water	5x								
		5x								
		5x								

How many goals did you meet?

Week 1

1 2 3 4 5 6 7 8

Week 2

1 2 3 4 5 6 7 8

Week 3

1 2 3 4 5 6 7 8

Week 4

1 2 3 4 5 6 7 8

(Minimum is underlined)

Week 5

1 2 3 4 5 6 7 8

Week 6

1 2 3 4 5 6 7 8

Week 7

1 2 3 4 5 6 7 8

Week 8

1 2 3 4 5 6 7 8

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:

- Pick up a tracking log at the library service desk or print one off our website.
- There are now 6 healthy habits you can complete daily and 2 blank "custom goal" areas. *(Put the same custom goals for all 8 weeks to build a habit.)*
 - ◊ *Suggestions: floss, drink less soda, remember prescriptions, write in a gratitude journal, act of kindness... just think of self-improvement habits.*
- 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.

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. Log sheets do not need to be turned in.