

Write down your plan for a healthy lifestyle.

Having a plan can help you follow through with your actions.
Keep your plan where you will be reminded of it.

Focus on healthy lifestyle factors you have control over like:

- Food choices
- Physical activity
- Stress reduction activities
- Sleep

Each of these areas impacts having a healthy body!

This week, I will...



make healthy food choices by:



be physically active by:



reduce stress with activities like:



get more sleep by going to bed at: