











HEALTHY LIVING MAKEOVER

Moving away or challenging yourself to create mood-sustaining habits?

LET EACH SHOW UP IN YOUR WEEK!	 Vitamins & Nutrition Tracking *Prevention *Energy *Mental Clarity	 Cardio *Heart Health *Bone Health *Joint Health	 Tension *Flexibility *Stability *Reduce Stress *Joint Health	 Weight Training *Strength *Bone Health	 Creative Time *Wellbeing *Mood	 Spirit & Connection *Wellbeing *Mood	 Cognitive Training *Brain Health *Prevention	 Beauty & Body Care *Self-Care *Mood	 People Time *Mental Health *Cognitive Health	 HRS Sleep Last Nite
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Minimum Goal: 30 minutes of additional movement (a walk will do just fine) a day, 1-2 additional hours seeking out social interaction each week, 10 minutes of cognitive training 3x week, 15 minutes of time management daily to plan your day and look ahead at the week/month, 20 minutes daily doing a relaxation activity with rested breath or practicing breathing techniques, average 7-9 hours of sleep a night.