
































# Track Your Healthy Habits - Water Log

Drinking water helps your body in many ways—from digestion and body temperature to healthy joints and more. Each day, aim to drink at least 64 ounces—more if it's hot or when you're exercising.

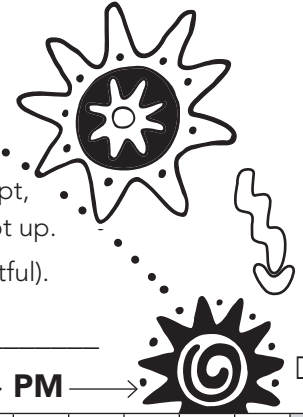
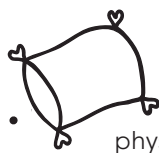
**Instructions:** For each day, use a pen or colored pencil to fill in the number of 8-ounce containers of water you drank that day.

Month \_\_\_\_\_

1		_____	16		_____
2		_____	17		_____
3		_____	18		_____
4		_____	19		_____
5		_____	20		_____
6		_____	21		_____
7		_____	22		_____
8		_____	23		_____
9		_____	24		_____
10		_____	25		_____
11		_____	26		_____
12		_____	27		_____
13		_____	28		_____
14		_____	29		_____
15		_____	30		_____
			31		_____

(For months shorter than 31 days, ignore or black out extra days.)

# Track Your Healthy Habits – Sleep Log



Sleep helps you stay healthy—  
physically and mentally. **Aim for 8 hours per night.**

**Instructions:** For each night, color in the row for the hours you slept, starting with when you went to bed and ending with the time you got up.

**Tip:** Use different colors to show how well you slept (restless vs. restful).

Month \_\_\_\_\_

DAY ↓	PM												AM												PM					DAY ↓							
1	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
2	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
3	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
4	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
6	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
7	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
8	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
9	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
10	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
11	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
12	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
13	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
14	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
15	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
16	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
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18	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
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20	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
21	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
22	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
23	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
24	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
25	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
26	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
27	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
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30	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
31	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6

Notes \_\_\_\_\_

(For months shorter than 31 days, ignore or black out extra days.)

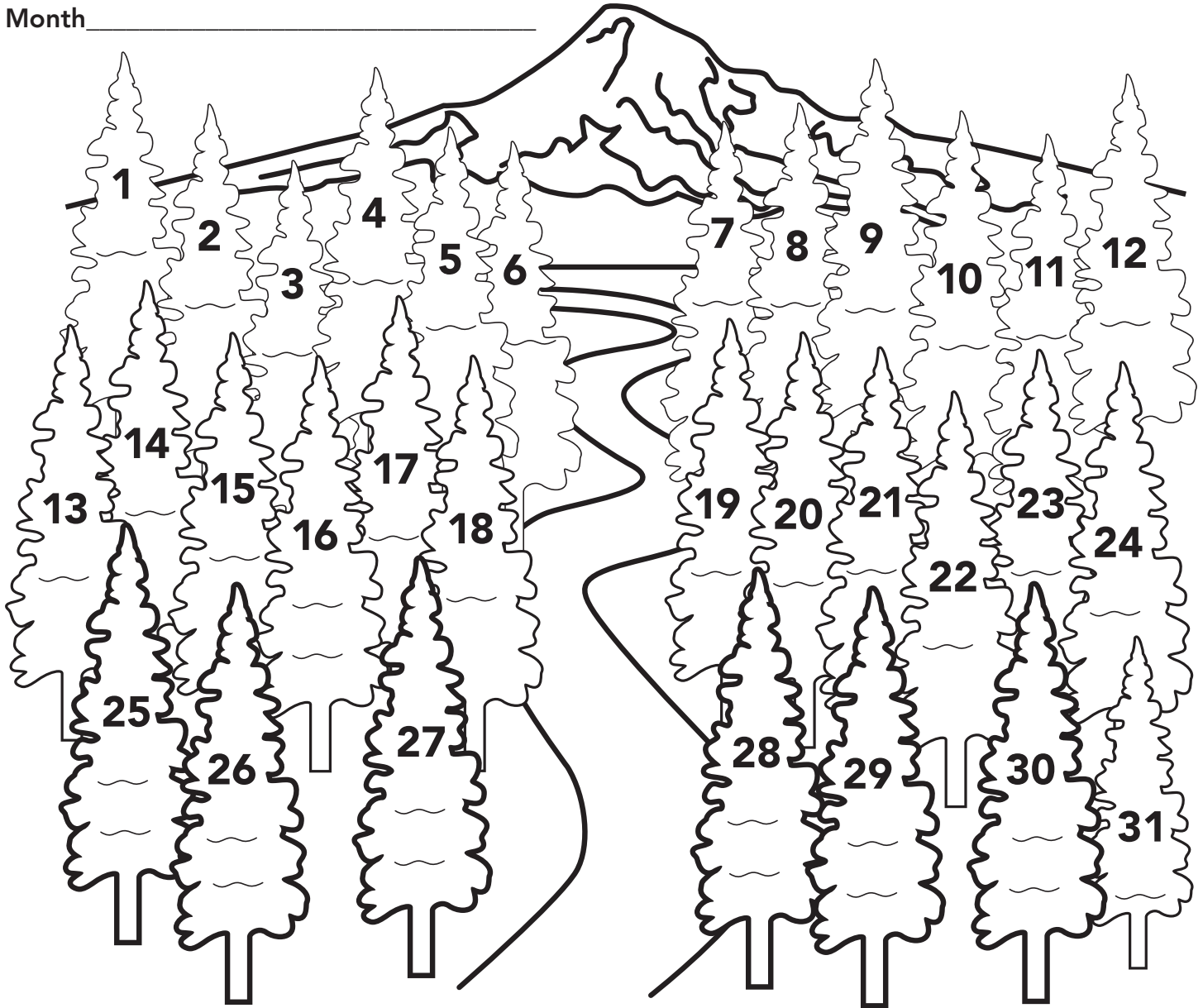
# Track Your Healthy Habits – Mood Log

Glad? Mad? Sad? Your mood can affect your physical health and mental well-being. Being aware of how you feel emotionally can help you make positive choices in your health habits.

**Instructions:** For each day of the month, fill in that day's tree with the color(s) that correspond to how you're feeling that day.

**Tip:** Feel free to use more than one color per day, if your mood changes.

Month \_\_\_\_\_



(For months shorter than 31 days, ignore or black out extra days.)

Create your own color code, based on the colors you like and what you have available.



HAPPY



NEUTRAL



STRESSED



TIRED



SAD

# Track Your Healthy Habits - Exercise Log

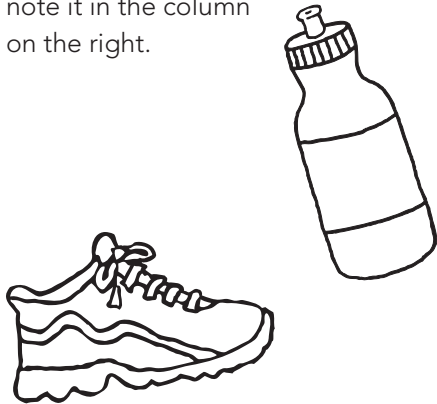
MILES*	1		2		3		4		5		Other Exercise
1000 STEPS	1k	2k	3k	4k	5k	6k	7k	8k	9k	10k	

Month \_\_\_\_\_

Exercise is one of the best ways you can stay healthy. It tones muscle, keeps bones strong, promotes circulation and helps you stay flexible.

**Instructions:** For each day, use a pen or pencil to fill in the row across the columns that correspond to the number of steps (or miles) you've gone that day.

**Tip:** If you workout or do other kinds of exercise, note it in the column on the right.



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## Shoe Life

Plan to replace your athletic shoes every 300-500 miles. If you alternate the shoes you wear in training, track the number of miles on each pair by using a different color in the rows above.

- Shoe pair #1
- Shoe pair #2

\* 2,000-2,500 steps = a mile, depending on your stride.

(For months shorter than 31 days, ignore or black out extra days.)