

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

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



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# Track Your Healthy Habits – Sleep Log



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

Notes \_\_\_\_\_

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



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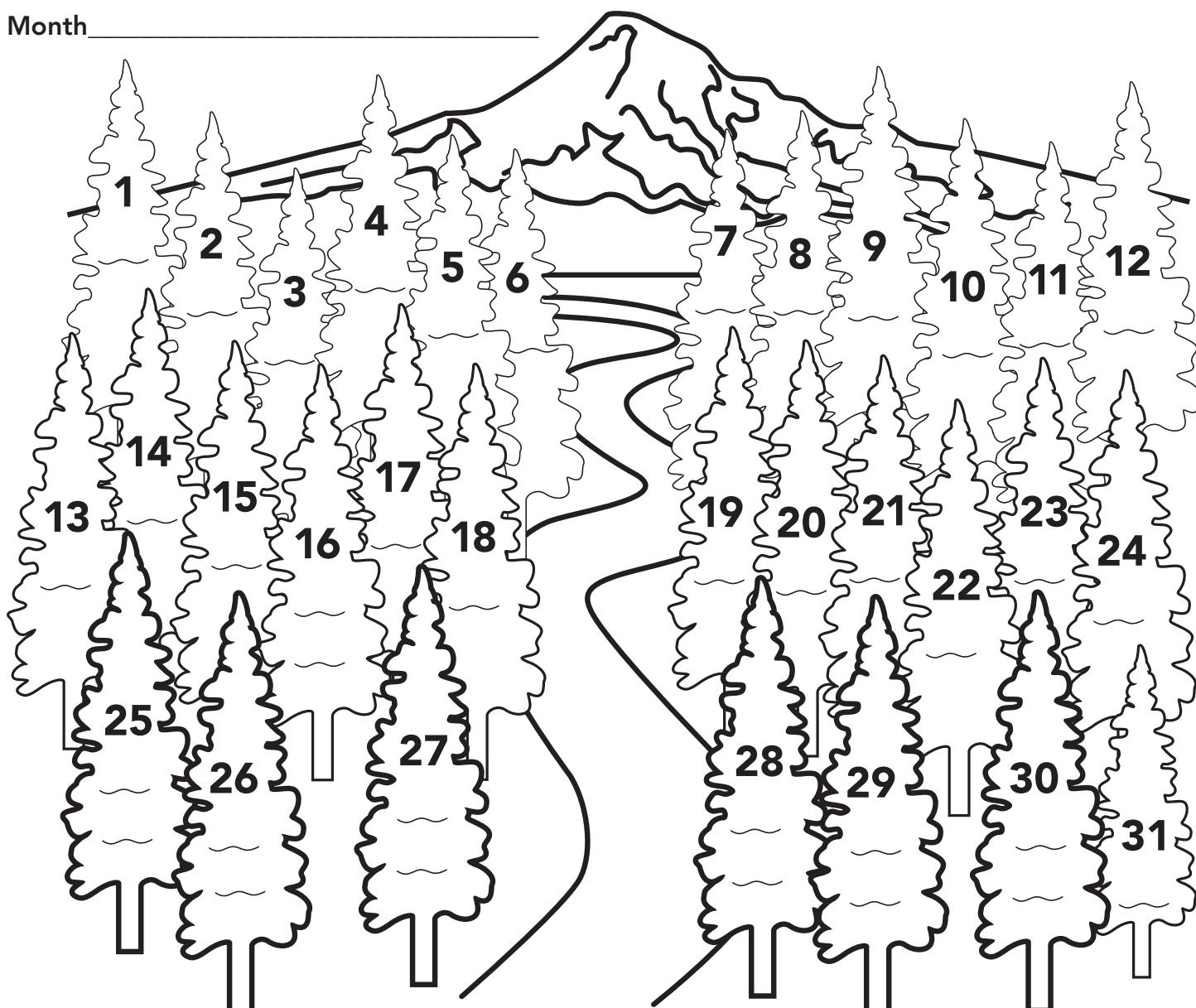
# Track Your Healthy Habits – Mood Log

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



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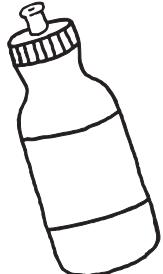
# Track Your Healthy Habits - Exercise Log

Month	MILES*	1	2	3	4	5	Other Exercise				
	1000 STEPS	1k	2k	3k	4k	5k	6k	7k	8k	9k	10k
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
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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.

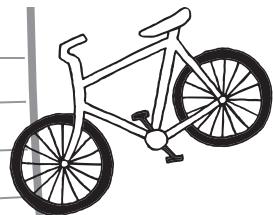
 

**Shoe Life**

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.



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