



POWER TO CHANGE™

HEALTHY HABIT TRACKER

CONGRATULATIONS on taking the initiative to create changes in your health and wellbeing. Stick with it, and you'll be glad you did.

BEHAVIOR CHANGE CAN ONLY HAPPEN THROUGH PERSISTENCE Inspiration strikes, yes. We are motivated by a powerful feeling of WHY it is important to change, but the change is in the DOING. Motivation without persistence is like having a desire without a plan. To be successful in our change efforts, whether or not we are feeling motivated on any given day, we must continue to walk the walk. We must pick ourselves up and walk. Or else we just won't arrive at our destination.

EVERY DAY the athlete trains, even though she may not feel like it. Every day the writer writes, or the book doesn't get written. Every day the musician takes up his instrument to remain nimble and familiar. Every day we must look for the good or else be shown the negative. Every day we create our future through our thoughts and actions.

The essence of change is practice;
to practice is to persist and to persist is to practice.

WHERE TO PUT YOUR FOCUS

Each day the demands of life pull our attention in a thousand different directions, making it easy to lose track of our own wellbeing. To decide where you want to put your focus, take the 10 Key Areas of Wellbeing Self-Assessment and prioritize a few things to work on in the coming month.

HOW TO USE THIS TRACKER

This Healthy Habit Tracker is a tool for you to cultivate persistence in your change efforts. While there are 10 different areas of wellbeing listed, it is not expected that you pursue each area with the same vigor all at once. Many of these practices take some time, and there's just so much time in the day. Prioritize: what feels the most important to work on right now?

Breaking Free
from SUGAR™

10 KEY AREAS OF WELLBEING SELF-ASSESSMENT

		Poor	Fair	Good	Excellent
1	Eating well				
	Lots and lots of veggies				
	Limit sugar & flour				
2	Moving				
	Cardio (ideally 3x/week)				
	Strength (ideally 3x/week)				
	Stretching frequently				
3	Restful sleep (7-8 hours)				
4	Hydrating				
5	Being outside				
6	Social Connection				
7	Contemplative Practice (including meditation, gratitude & revision)				
8	Learning / Creating				
9	Playing				
10	Intimacy / sex (solo or partnered)				

All of these areas contribute to our sense of wellbeing. Focus your habit-building efforts on the areas you feel need the most attention.

Breaking Free
from SUGAR®

DAILY HEALTHY HABIT TRACKER

	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
Fresh Food																															
Raw veggies																															
Cooked veggies																															
Limit sugar & flour																															
Movement																															
Cardio (3x/wk)																															
Strength (3x/wk)																															
Stretch / balance																															
Sleep																															
Restful, 7-8 hours																															
Hydration																															
Sip water during day																															
Time Outside																															
Walking, playing																															
Connection																															
w/friends & family																															
Contemplation																															
Meditation																															
Revision																															
Gratitude																															
Learning/Creating																															
Expanding																															
Playing																															
Doing something fun																															
Intimacy																															
With self or other																															

✓ = Great job - = Room to improve