Living Strong: Track Your Success

**Week of:**

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| **Eat Well** | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| I ate at least 5 servings of fruits and vegetables |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I chose high fibre foods |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I drank 6 to 8 glasses of water today |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I limit my sweets |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

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| **Rest and Sleep** | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N | Y |
| I used a bedtime practice before I went to sleep (i.e. meditate, deep breathing, pray) |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I turned off the television and cell phone 30-60 minutes before bedtime |   |   |   |   |   |   |   |   |   |   |   |   |   |

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| **Keep Active** | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| I found an activity I enjoy doing and did it today |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I did gentle stretching before and/or after being active |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I did strengthening exercises today |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

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| **Socializing** | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| I spent time with friends or family today (phone, virtual or in person) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I spent time with a group that has the same hobby I do (virtual or in person) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I was able to get out today to do some errands |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

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| **Reducing Stress** | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| I felt stressed today |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I was able to reduce my stress with breathing exercises |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I talked to someone about how I was feeling |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

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| **Be Mentally Active** | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N | Y |
| I did puzzles or brain games today |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I enjoy reading every day |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I listened to my favorite music today and sang along |   |   |   |   |   |   |   |   |   |   |   |   |   |

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| **Mental Health** | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| I feel balanced |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I am having trouble thinking and concentrating |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I have energy today |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I helped someone today |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

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| **Spirituality** | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N | Y | N |
| I attended a faith-based service today (virtual or in person) |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I meditated and/or prayed |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I expressed gratitude today |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I practised kindness and compassion today with myself and others |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| I felt joy today |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

**My SMART goals for next week: Specific, Measurable, Attainable, Realistic, Timely**