

# EXERCISE LOG

DATE	EXERCISE	MINUTES
	<b>TOTAL</b>	<input type="text"/>

KEEP THIS GOAL SETTING QUESTIONNAIRE AS A REMINDER TO HELP YOU ACHIEVE YOUR GOALS IN 2020.



## HEALTHY HABITS

a well-being challenge

**NOVEMBER 4**  
*through*  
**DECEMBER 15**

Practicing healthy habits is key to a better quality, longer life. Evaluate your current habits and, if needed, take steps to improve them. Small changes can lead to big results.

Complete 28 of the Healthy Habits challenge activities plus the goal setting questionnaire to earn a prize.



# HEALTHY HABITS

a well-being challenge



Complete 28 of the Healthy Habits challenge activities plus the goal setting questionnaire to earn a prize. Cross off each activity as you complete it.

Keep your goal setting questionnaire and turn in your challenge tracker to Jessica Lu by December 20, 2019.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

- Complete the Well-Being Questionnaire
- Retest one of the Cooper Quest assessments
- Complete your Cooper Quest Score
- Attend a group exercise class

Take five deep breaths when you begin to feel overwhelmed

Avoid digital screens 30 minutes before bedtime

Go to bed 30 minutes earlier than usual

Go to bed one hour earlier than usual

Check your blood pressure

List one way you can get more or better sleep:

List one way you can add minutes to your exercise routine:

Park in a spot farthest away from the entrance.

Exercise on a non-work day

Achieve 150 minutes of exercise per week

Engage in physical activity with a friend or family member (go for a walk or meet a friend for an exercise class)

Accumulate 900 minutes of exercise or 1,500 Myzone® Effort Points (MEPs) during the challenge

Eat one extra serving of fruit than usual three times in a week

Substitute a healthy snack for something sugary

Eat one extra serving of vegetables than usual three times in a week

Identify one healthy way you can regularly manage stress:

Have you had a physical exam in the past 12 months?  
Yes No

Review the results of your most recent physical exam

List one way to increase your daily fruit/vegetable intake:

List one way to maintain your nutrition and exercise habits throughout the holidays:

If applicable, list one benefit you enjoy from being tobacco-free:

During a busy week, schedule a workout and stick to it

Add a multivitamin to your daily regimen for a week

Substitute water or seltzer water for an alcoholic beverage

Limit yourself to one alcoholic beverage at a celebration or gathering

Schedule your next physical exam

## MY ONE HEALTH GOAL FOR 2020 IS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOALS

Name one area of your health you would like to improve in 2020.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write down one health goal for 2020.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What in your lifestyle needs to change to accomplish this goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is a realistic timeline to complete this goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is the first immediate step to accomplish this goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is one thing that could prevent you from reaching this goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can you stay on track to accomplish your goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Who will support you and/or keep you accountable to the steps you will take to meet your goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

