

Healthy Lifestyle Choices	Health Focus							
	Pick Your Own	Overall Health	Exercise	Brain Power	Depression or Anxiety	Diet / Weight	Media Cleanse	Quitting Addictions
Nutrition & Eating								
Vegan meals - no animal products		x		x	x	x		x
Oil-free meals						x		
No sugar or artificial sweeteners (simple carbohydrates) (# meals)		x		x	x	x	x	x
Ate 50% fresh/raw fruit or veggies (# meals)		x				x		
No processed foods		x		x		x		
Gluten Free				x				
Ate green salad or cooked greens 1-2x per day		x		x	x	x		x
Ate large breakfast with whole grains & plant-based protein		x		x	x	x	x	x
Ate slowly, thoroughly chewing (# meals)						x		
Only ate to be ~80% full (number of meals)						x		x
No eating after 6pm or 3 hrs before bedtime		x		x	x	x		x
Ate lite or no supper				x		x		
Meals 4-5 hours apart - no snacking		x		x		x		
Ate 3000mg of Omega-3, daily		x		x	x	x		x
Exercise								
Heavier aerobic exercise (minutes)		x	x	x		x		x
Lighter exercise (minutes)			x	x		x		
Walking (minutes)		x	x	x	x	x		x
Stairs - (number of stairs up or down)			x	x				
Rep exercises (number of reps)			x	x		x		
Interval Training (minutes)			x					
Active 10+ min every 2 hrs (# of 2 hr periods)		x	x	x		x		
Light walk/exercise after meals (# meals)				x	x	x		x
Water								
Drank at least ___ ounces of water (no juice/pop)		x	x	x	x	x	x	x
Drank 1/4+ of daily water right after waking up		x				x		
Did not drink near meal times (# of meals)		x				x		
Took contrast shower					x	x	x	x
Brush & floss teeth (at least before bed)		x		x				
Sunshine / Air								
Time outside: (minutes)		x					x	
Deep breathing - 4s-7s-8s x 4 (number of sets)					x		x	
Slept with window cracked open for fresh air		x						
Took Vitamin D supplement		x			x			
Light therapy; good light exposure upon waking					x			

	Must choose at least 2 exercise activities.		
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