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

Temperance							
No caffeine	х				х		х
Said NO! to (bad habit you're stopping)	x	x	x	x	x	x	x
Yes, did (good habit you're growing)	x	x	x	х	х	х	х
3 hr period not checking phone (# of periods)						х	
No screen games				х		х	х
No movies				х		х	х
Set & kept my screen limits	х			х		х	х
Spent time with God before phone or computers	х					х	
Recreational screentime <15 min	х					х	
Read off screens for fun 15+ min, 2x per week			х			х	
Did 1-3 things just for fun today	х			х	х	х	
Called, visited, or did something with someone else	x		x	x	x	x	x
Volunteered your help or random act of kindness	х		х		х	х	х
Love to learn - 15+ minutes learning something new, hobby/skill			x	x		x	x
Pursued purpose 15+ minutes			x	x			x
The state of the s							
Rest							
Adequate sleep (7-9 hrs)	x	x	х	х	х	х	х
Went to bed by 10pm (or determined time)	х			х	х	х	х
Got up by 5-7am (or determined time)	х			х	х	х	х
No work after supper							
Relaxing activities (NO screen time) 1 hr before bed	x		x			x	
Spiritual thought & prayer before bed	х			х	х	х	х
Kept phone outside of room or in sleep mode when sleeping	x			x		x	x
Listened to classical music (# of minutes)			х	х		Х	х
Trust in God							
Morning prayer & Bible reading (15+ min)	х				x	x	х
Gratitude list - wrote or spoke 7+ things I'm thankful for			x		x	x	x
No critical or negative speech	x			x		x	
Chose forgiveness	x			x	x	x	х
Memorizing a Bible verse (5+ min)	х						х
Used Replacement Principle when tempted	х	x	x	х	х	х	х
Told yourself the truth (# of times)		x		х	х	х	х
Spent 15+ minutes reading in useful mind-health							
book recommended				х	x	Х	х
Choose any of the activities above, 10 minimum.							
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Must choose at least 2 exercise activities.	