

Weekly Health Chart

This is a health chart to monitor what you are doing to your body over the period of a week. Write down what you consumed/did for each day.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Water: glasses per day							
Vegetables: servings per day							
Fruit: servings per day							
Alcohol: servings per day							
Soda pop: servings per day							
Coffee: cups per day							
Cigarettes: per day							
Sleep: hours per night							
Bowel movements: yes or no?							
Walk: 10-minute intervals							
Stretching: daily							
Sunlight: exposure time							
Fun/play: yes or no?							
Meditation: yes or no?							
Gratitude: yes or no?							
Prayer: yes or no?							

How are you treating your body? Can you see any potential harm you are doing to your body?
 What can you do today to start making better choices for your body? The choices you make today will affect your future health. What are you willing to change to get your health better?