

Healthy Choices Worksheet

Monday

Water: 1 2 3 4 5 6 7 8
Hours of sleep: 4 5 6 7 8 9 10
Stress Level: Low 1 2 3 4 5 High

Vegetables: 1 2 3 4 5

Fruits: 1 2 3 4 5

Dairy: 1 2 3 4 5

Protein: 1 2 3 4 5

Grains: 1 2 3 4 5

Exercise: Number of Minutes _____

What: _____ Benefit: Cardio Strength

Tuesday

Water: 1 2 3 4 5 6 7 8
Hours of sleep: 4 5 6 7 8 9 10
Stress Level: Low 1 2 3 4 5 High

Vegetables: 1 2 3 4 5

Fruits: 1 2 3 4 5

Dairy: 1 2 3 4 5

Protein: 1 2 3 4 5

Grains: 1 2 3 4 5

Exercise: Number of Minutes _____

What: _____ Benefit: Cardio Strength

Wednesday

Water: 1 2 3 4 5 6 7 8
Hours of sleep: 4 5 6 7 8 9 10
Stress Level: Low 1 2 3 4 5 High

Vegetables: 1 2 3 4 5

Fruits: 1 2 3 4 5

Dairy: 1 2 3 4 5

Protein: 1 2 3 4 5

Grains: 1 2 3 4 5

Exercise: Number of Minutes _____

What: _____ Benefit: Cardio Strength

Thursday

Water: 1 2 3 4 5 6 7 8
Hours of sleep: 4 5 6 7 8 9 10
Stress Level: Low 1 2 3 4 5 High

Vegetables: 1 2 3 4 5

Fruits: 1 2 3 4 5

Dairy: 1 2 3 4 5

Protein: 1 2 3 4 5

Grains: 1 2 3 4 5

Exercise: Number of Minutes _____

What: _____ Benefit: Cardio Strength

Friday

Water: 1 2 3 4 5 6 7 8
Hours of sleep: 4 5 6 7 8 9 10
Stress Level: Low 1 2 3 4 5 High

Vegetables: 1 2 3 4 5

Fruits: 1 2 3 4 5

Dairy: 1 2 3 4 5

Protein: 1 2 3 4 5

Grains: 1 2 3 4 5

Exercise: Number of Minutes _____

What: _____ Benefit: Cardio Strength

Weekend

Water: 1 2 3 4 5 6 7 8
Hours of sleep: 4 5 6 7 8 9 10
Stress Level: Low 1 2 3 4 5 High

Vegetables: 1 2 3 4 5

Fruits: 1 2 3 4 5

Dairy: 1 2 3 4 5

Protein: 1 2 3 4 5

Grains: 1 2 3 4 5

Exercise: Number of Minutes _____

What: _____ Benefit: Cardio Strength