





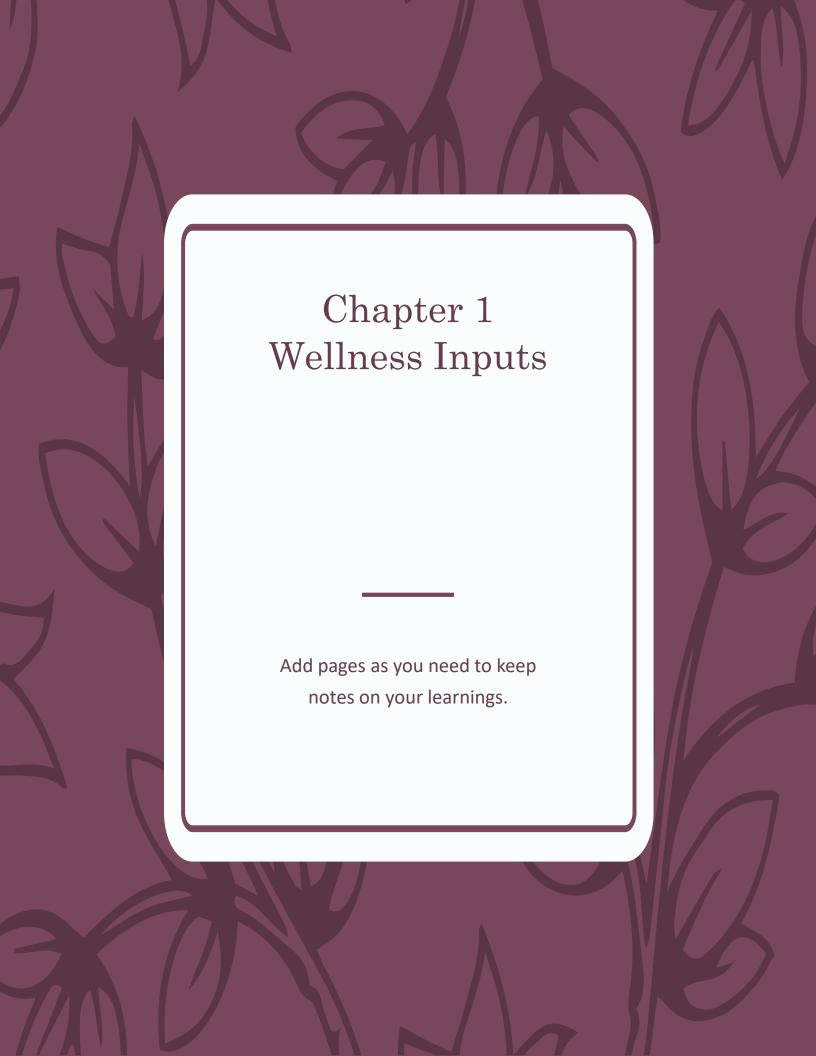


Calendar Recommendation

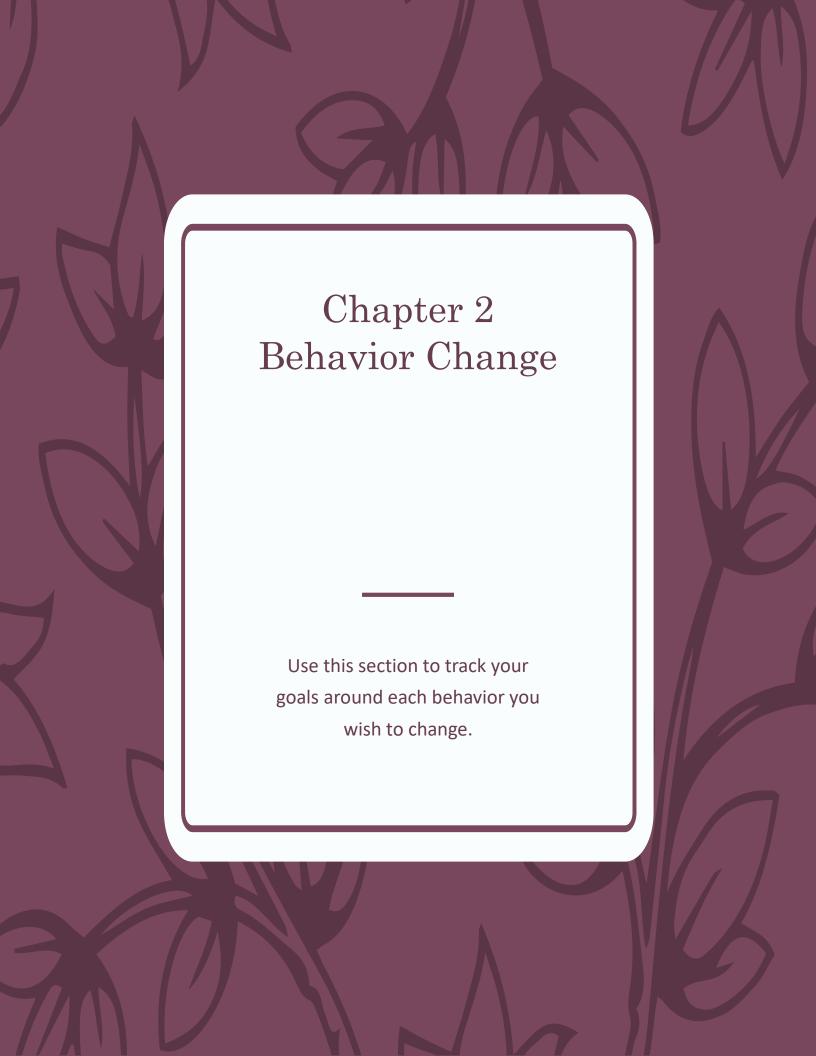
As you work through this book, it is recommended that you commit approximately one week to each chapter. Some chapters may require more or less time for you to complete depending on the challenges you are experiencing. Do not feel discouraged if it takes you longer to complete the work on a chapter. For many assignments, you can continue on in the book while working on an assignment. This calendar will support you in knowing when it will be easy to move onto the next chapter while doing your current assignment. When two blocks are in a row, feel free to continue on and complete the row before moving to the next line.

Chapter 1: Wellness Inputs	Chapter 2: Behavior Change	Behavior Change Worksheets	
Chapter 3: Water in our Bodies	Water Journal (1 Week)		
Chapter 4: Being Conscious of our Body	Food Journal (1 Week)		
Chapter 5: Hydration Techniques	Hydration Assignment		
Chapter 6: Movement Practices	Record Movement Frequency (continuous)	Chapter 7: Breathing Technique	Sleep Log (1 Week)
Chapter 8: Relationship with the Self	Sleep Log (1 Week)		
Chapter 9: Conscious Eating	Food Journal (1 Week)		
Chapter 10: Movement Practices 2	Sun Salutations (2 Weeks)	Chapter 11: Successful Sleep Patterns	Sleep Log (1 Week)
Chapter 12: Your Relationship to Others	Chapter 13: Making Good Food Choices	Food Journal (1 Week)	
Chapter 14: Stress Reduction	Stress Journal (1 Week)		
Chapter 15: Common Hydration Challenges	Water Substitution (1 Week)		
Chapter 16: Inflammation is the Cause of Everything	Chapter 17: Movement Practices 3	Movement Practices Weeks 1-3	
Chapter 18: Your Relations with Divine	Chapter 19: Herbs for Wellness	Movement Practices Weeks 4-6	Movement Practices Weeks 7-9











10 Things you would like to change List 10 things you would like to change about yourself and at least 3 benefits you would get from each change. Why do you want to make this behavior change?



SMART Goals are Specific, Measurable, Attainable, Relevant, and Time Bound. Choose one behavior change and make it a SMART Goal.

	you need to take to meet this goal?
Step 1:	•
Step 2:	•
Step 3:	•
Step 4:	•
Step 5:	•

SMART Goal:
What are five negative results of your current behavior, or lack of a behavior?
What are five things stopping you from making the change?
How do you view your life being different with this behavior change?
What new possibilities show up in your life with this change?
What other goals now seem more possible?
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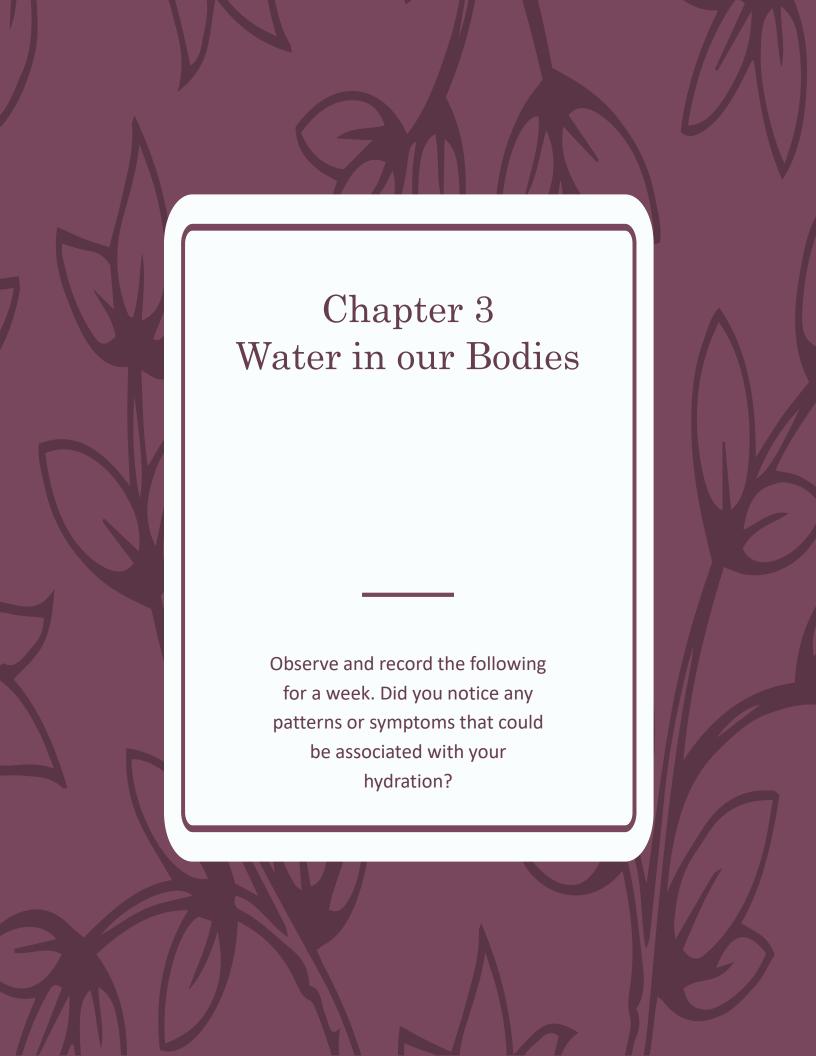
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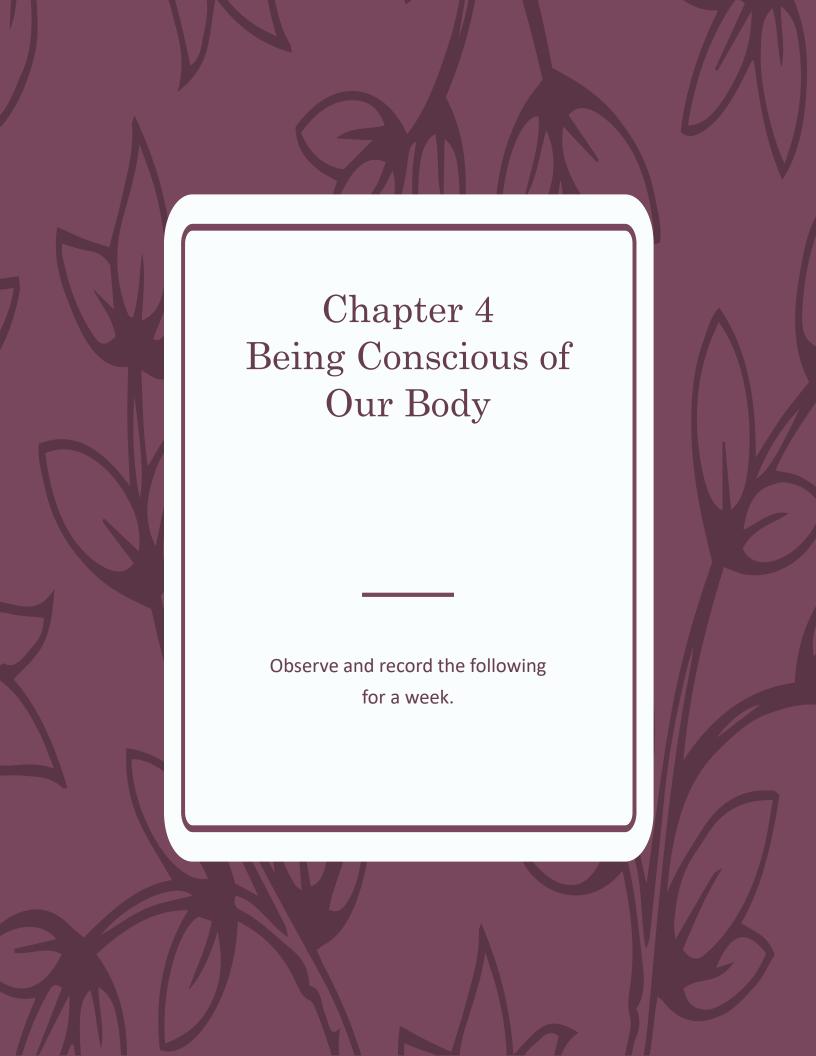


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Time of Drinking	How much Water	Time of Urination	Color	
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			0000000	
			0000000	
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How I felt today:				
Patterns I noticed:	4			
		Date:		
Time of Drinking	How much Water	Time of Urination	Color	
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		Date:		
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Patterns I noticed:	4			
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Date	·	Daily Food Observation Journal	
Time	Food	Quantity	Everything else that go in your mouth:
			Water 66666666
			Other Beverages
			Medicines/Supplements
			Gum/Mints
			Cigarettes
			Other

Date	·	Daily Food	d Observation Journal
Time	Food	Quantity	Everything else that go in your mouth:
			Water 66666666
			Other Beverages
			Medicines/Supplements
			Gum/Mints
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			Other

Date	·	Daily Food	d Observation Journal
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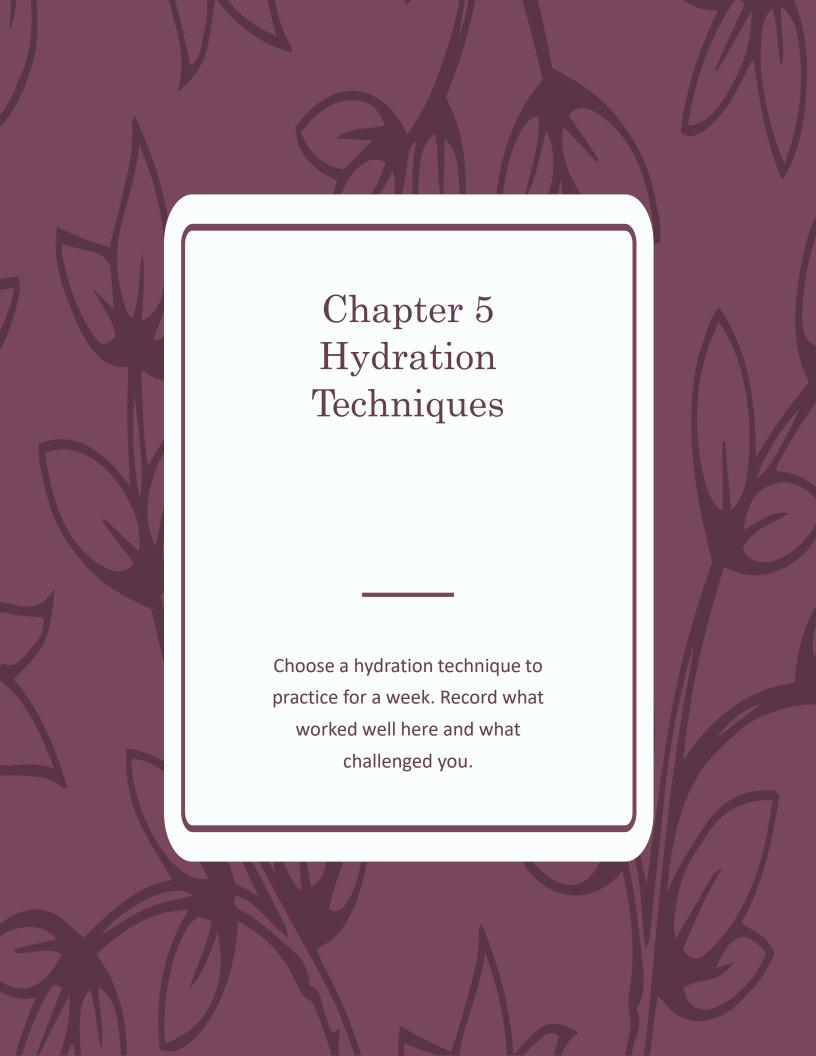
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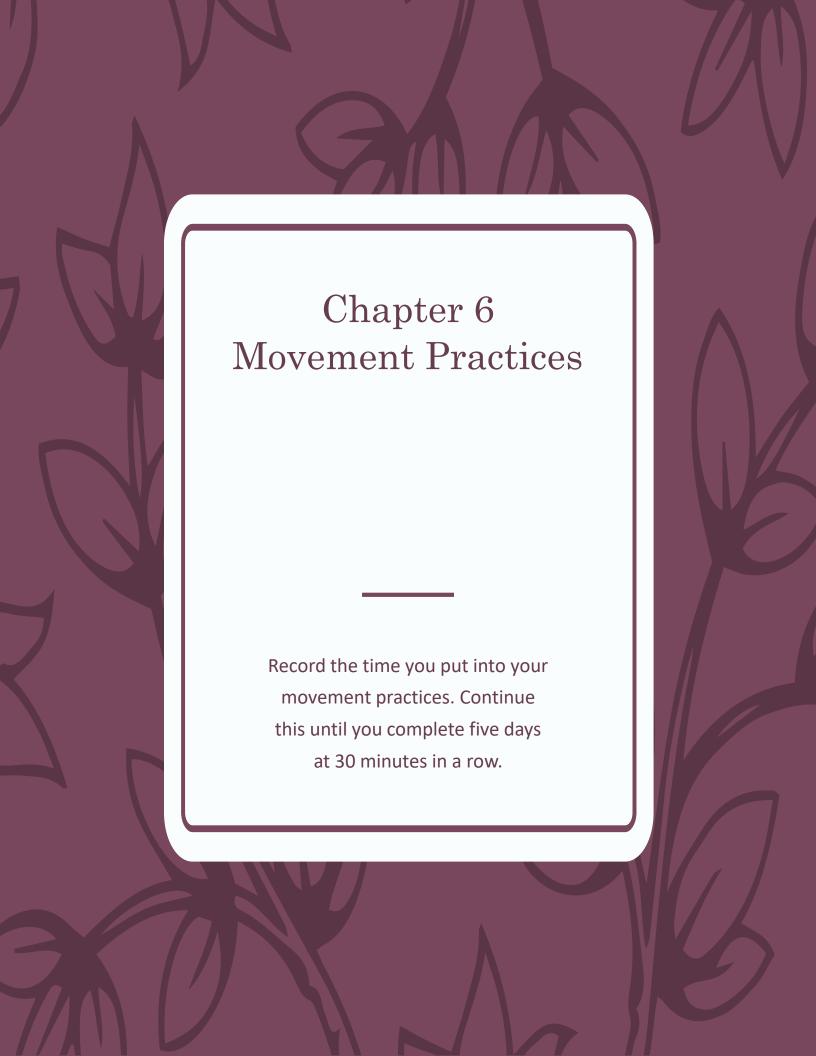
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Movement Chart

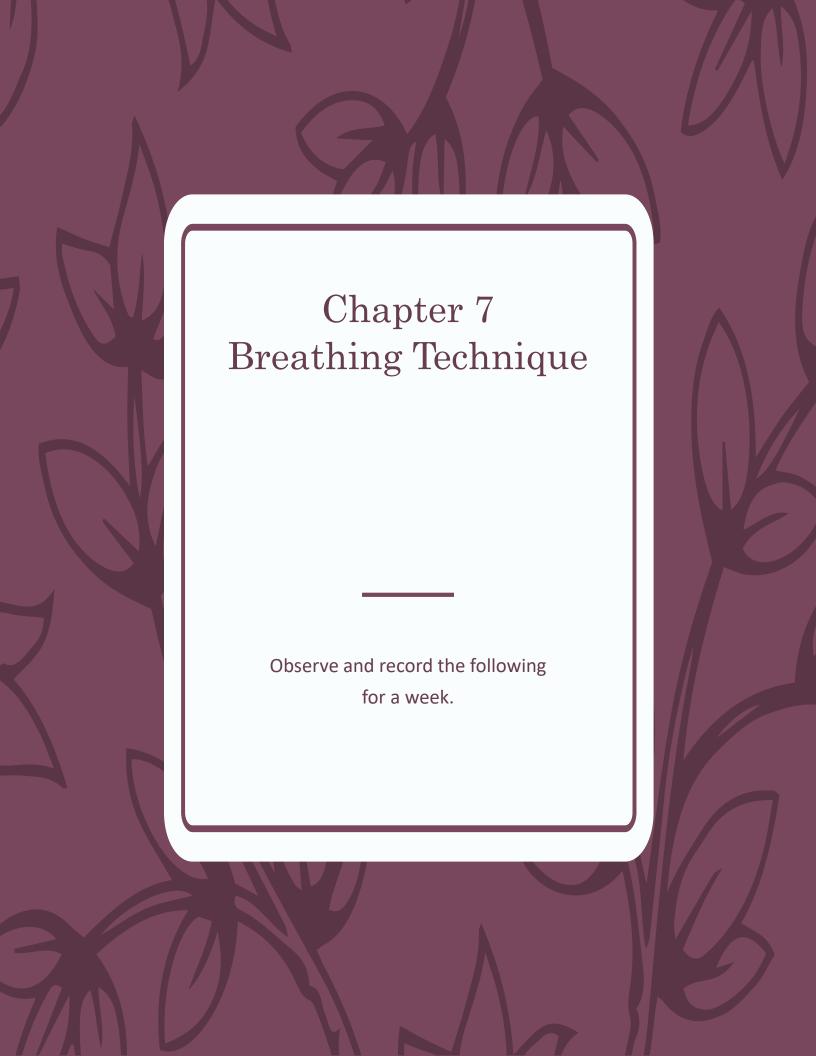
In each day, write the number of minutes you do movement. On a day when you do 30 minutes, give yourself a star or a sticker!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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V						
7 /						

Movement Chart

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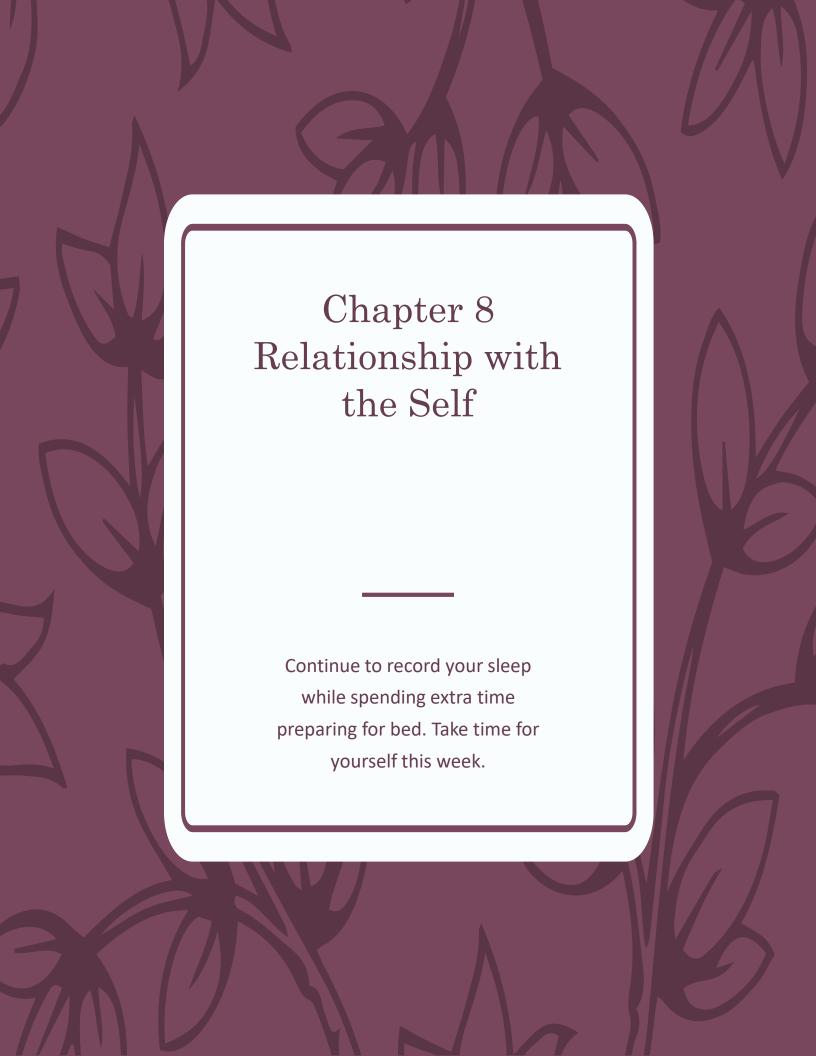
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3///	M					
V						
7 /						





Date:	Time	Date:	Time
Start getting ready for bed		Start getting ready for bed	
Get into bed		Get into bed	
Fell asleep		Fell asleep	
Woke up		Woke up	
Got out of bed		Got out of bed	
# of times woke during the ni How long were you awake wh sleep?	hile trying to	# of times woke during the nig How long were you awake wh sleep?	ile trying to
Date:	Time	Date:	Time
Date: Start getting ready for bed	Time	Date: Start getting ready for bed	Time
	Time		Time
Start getting ready for bed	Time	Start getting ready for bed	Time
Start getting ready for bed Get into bed	Time	Start getting ready for bed Get into bed	Time
Start getting ready for bed Get into bed Fell asleep	Time	Start getting ready for bed Get into bed Fell asleep	Time
Start getting ready for bed Get into bed Fell asleep Woke up	Time	Start getting ready for bed Get into bed Fell asleep Woke up	Time
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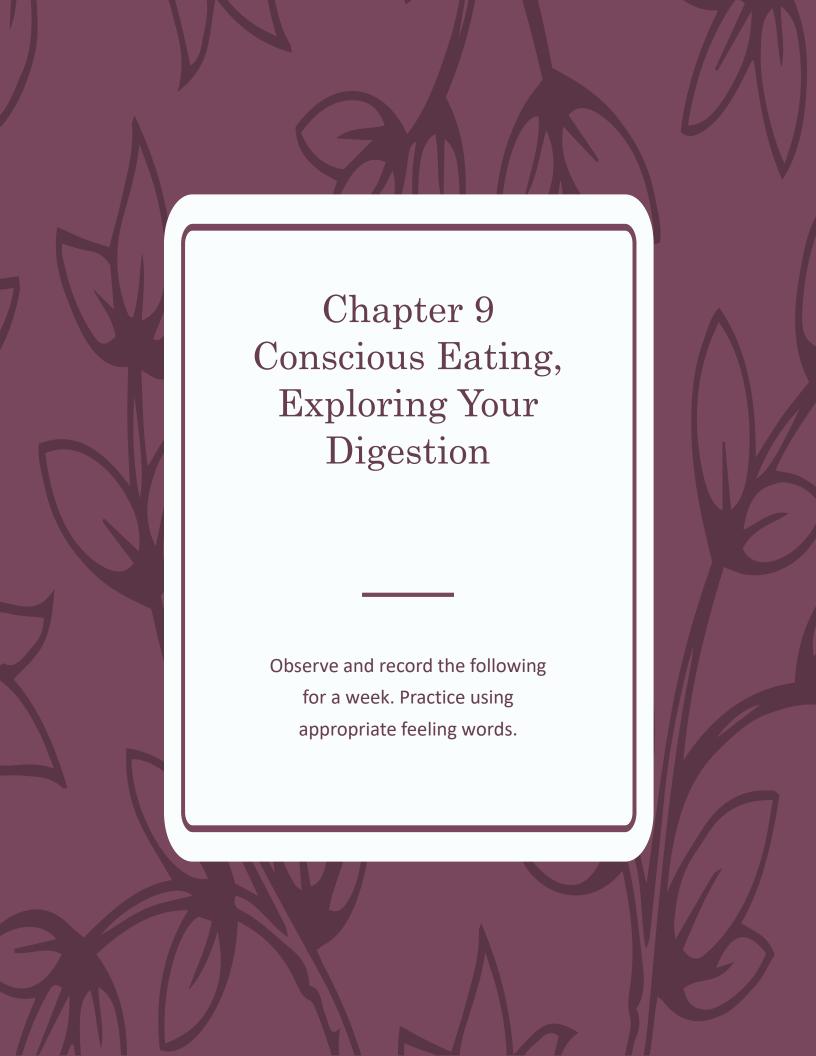
Date:	Time	Date:	Time
Start getting ready for bed		Start getting ready for bed	
Get into bed		Get into bed	
Fell asleep		Fell asleep	
Woke up		Woke up	
Got out of bed		Got out of bed	
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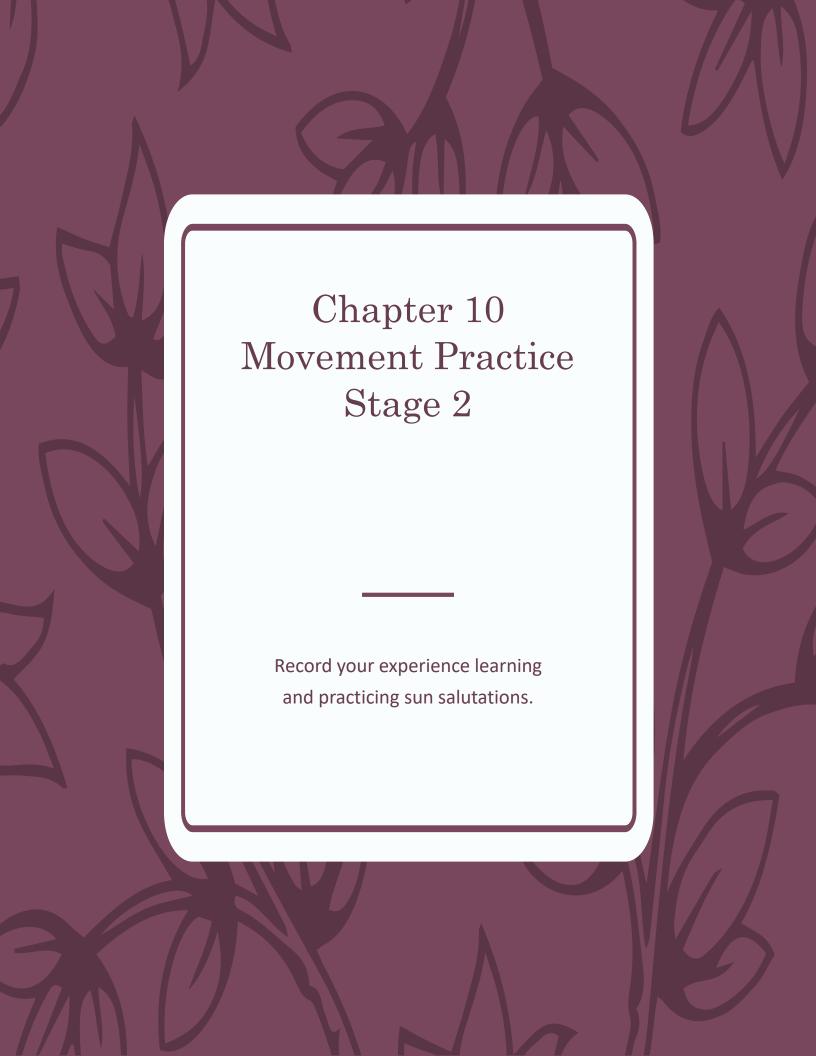
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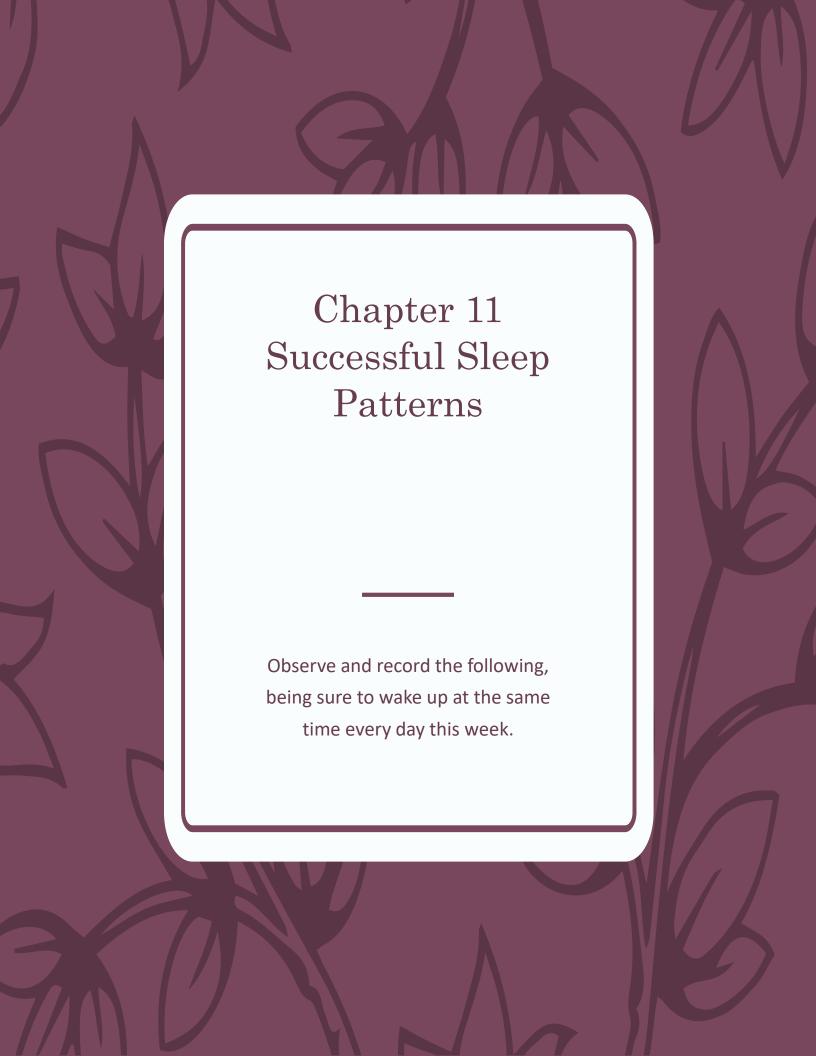
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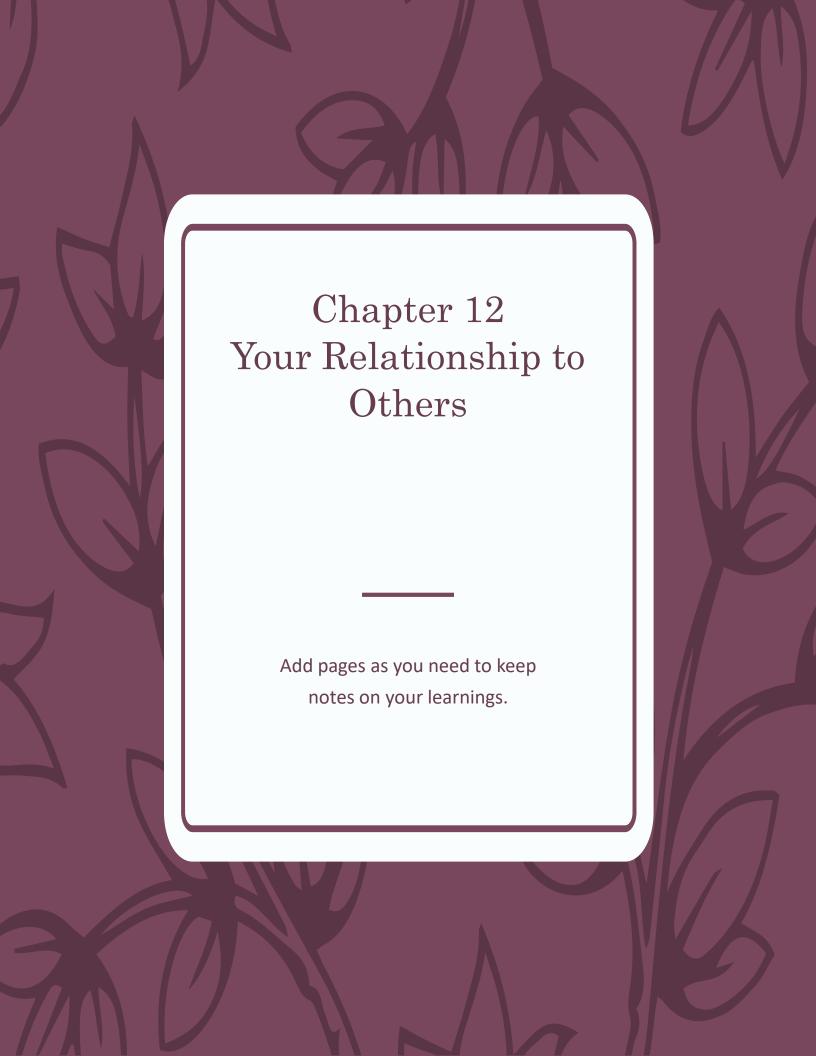


I will w	vake up	at:		
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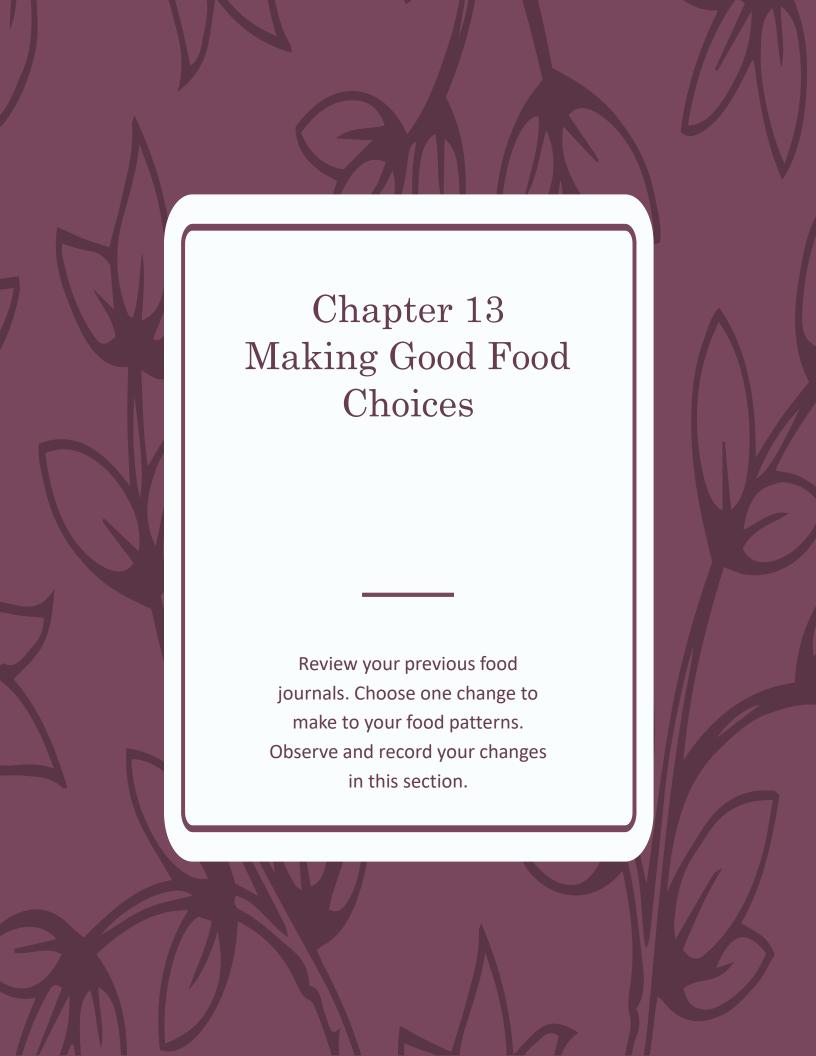
Did you get right out of bed when your alarm went off? How did you feel 10 minutes after getting up?	Day #
How did you feel an hour after waking up?	
Did you get right out of bed when your alarm went off? How did you feel 10 minutes after getting up?	Day #
How did you feel an hour after waking up?	
Did you get right out of bed when your alarm went off? How did you feel 10 minutes after getting up?	Day #
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I will w	ake up	at:	
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Did you get right out of bed when your alarm went off? How did you feel 10 minutes after getting up?	Day #
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How did you feel an hour after waking up?	
Did you get right out of bed when your alarm went off? How did you feel 10 minutes after getting up?	Day #
How did you feel an hour after waking up?	









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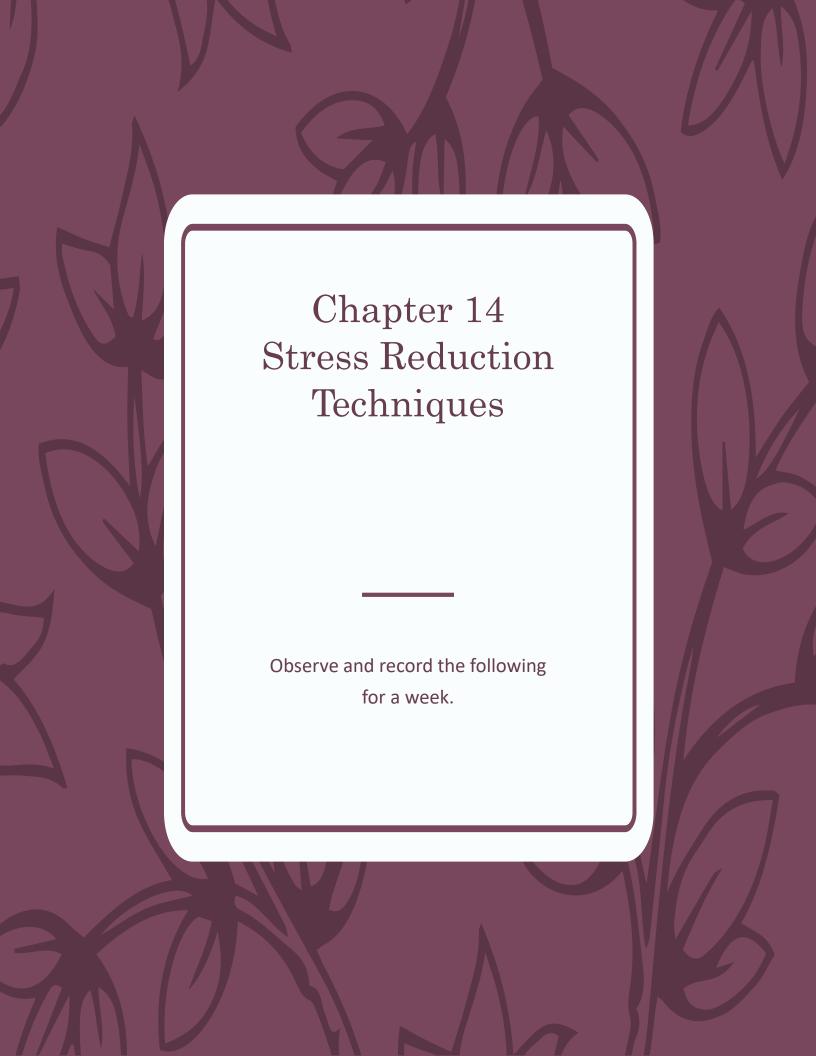
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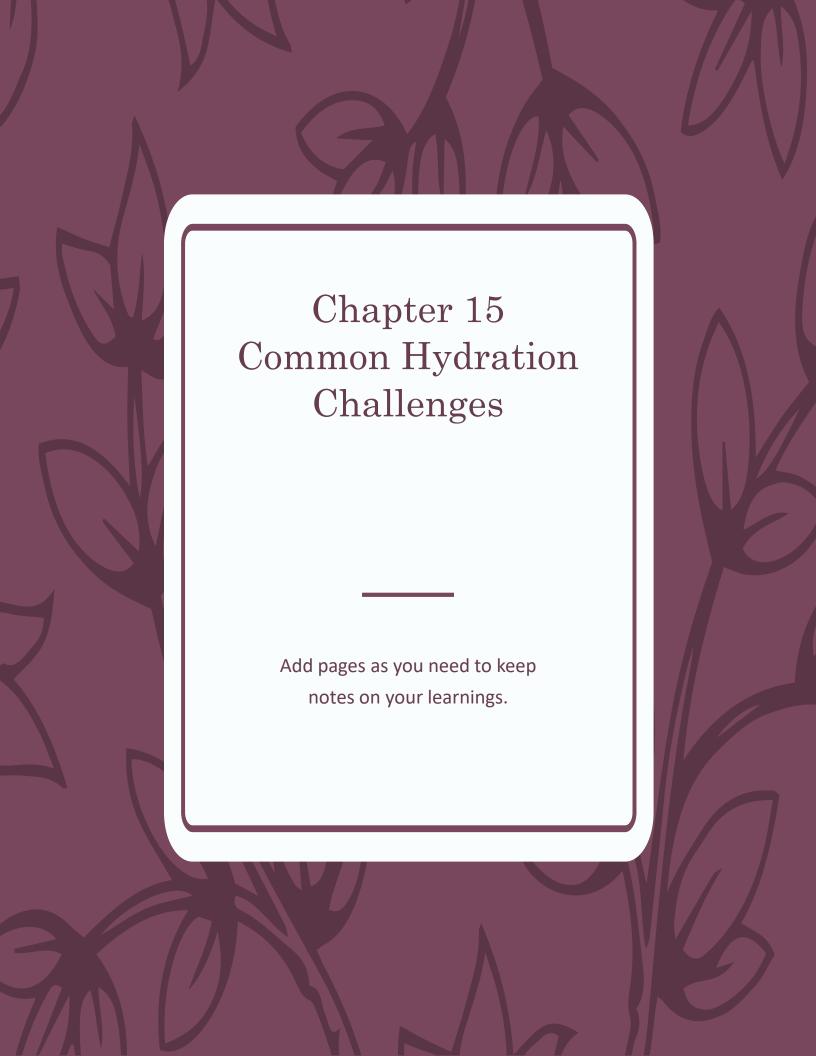


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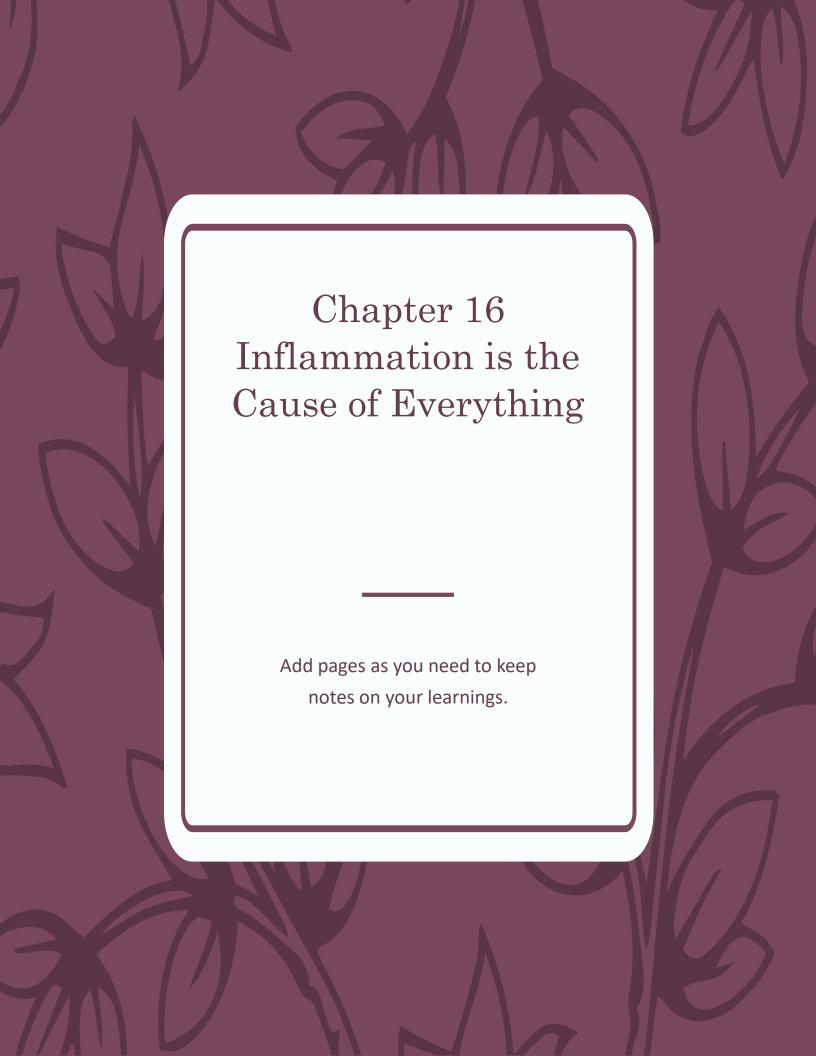
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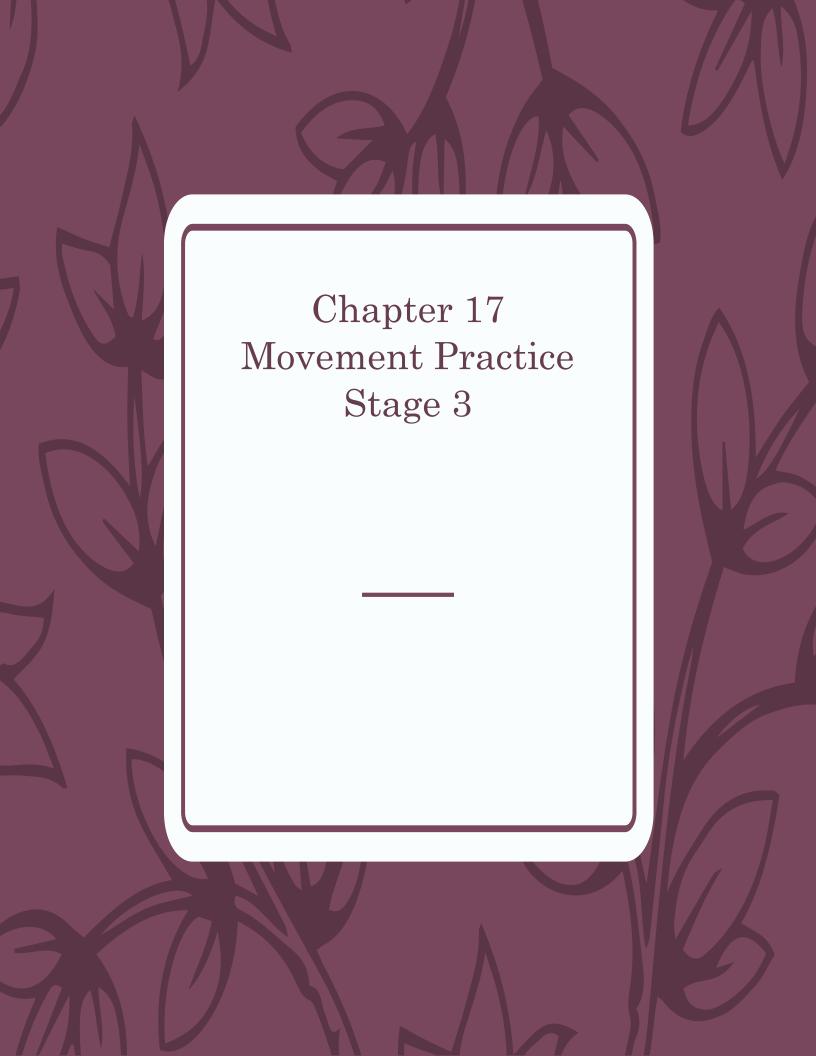
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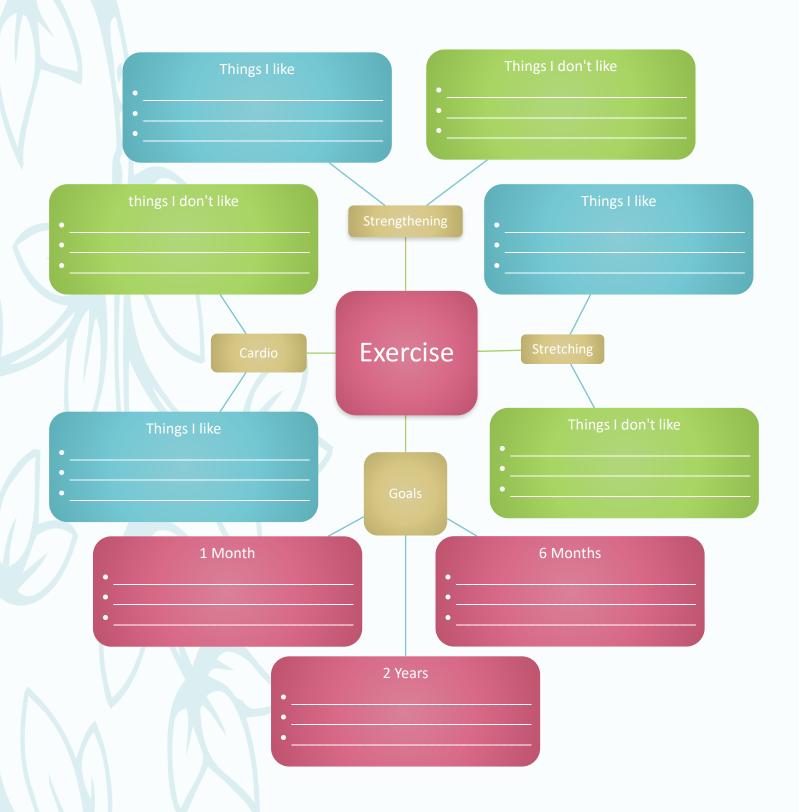








Movement Goals Worksheet



Use this page to help you target your exercise protocol. What do you like and dislike in each category. What are your goals and how are you going to get there. Expand on these topics as needed to find what exercises you think will work best for you.



For	Exercise	Monday	Tuesday	Wednesday Thursday	Thursday	Friday	Saturday	Sunday
For	Squats	3-5			3-5			
5	Forward Lunges	20s each leg			20s each leg			
γbc		3-4			3-4			
1 Bo	e Lunges	2-10s each			2-10s each			
we	e Back Leg Lift	3-4 each leg			3-4 each leg			
이	ward Bend	1 minute			1 minute			
Leg	Leg Lift/Heal Drops	2 rounds of 3			2 rounds of 3			
Nec	Neck Press		2-5 second press			2-5 second press		
ody NeckLift	sk Lift		3-5 each position			3-5 each position		
per Bo	Bd Qe Neck Stretch		10s each position			10s each position		
dU ™	sdn-us		3-5			3-5		
Arm	Arm Stretches		10-15s hold each position			10-15s hold each position		
Cra	Crunches			2 rounds of 8			2 rounds of 8	
omen A	en Mabdomen Stretch			30s-1 min			30s-1 min	
pq\	kuft			3-5			3-5	
Bac /	Back Stretch			1 minute			1 minute	
Sid	Side Bends			3-4 rounds			3-4 rounds	

	Sunday																	
0	Saturday													3-4 rounds of 8	30s-1 min		1 minute	4-6 rounds
	Sat								puose	5-8 each position	each L		s hold sition	3-4	308	4-8	1 n	4-6
	Friday		p 0						3-4, 5 second press	5-8 eac	2-3, 10s each position	4-8	2, 10-15s hold each position					
	Thursday	5-8	2-3, 20s each leg	4-6	3-4, 10s each	4-6 each leg	1 minute	2 rounds of 5										
	Wednesday													3-4 rounds of 8	30s-1 min	4-8	1 minute	4-6 rounds
	fuesday								3-4, 5 second press	5-8 each position	2-3, 10s each position	4-8	2, 10-15s hold each position					
	Monday	5-8	2-3, 20s each leg	4-6	3-4, 10s each	4-6 each leg	1 minute	2 rounds of 5	W	u	N	7	N					
	Exercise	Forward Squats	Forward Lunges	Side Squats	Side Lunges	Back Leg Lift	O Forward Bend	Leg Lift/Heal Drops	Neck Press	ody Necklift	B e D Neck Stretch	Push-ups	Arm Stretches	Crunches	e E Abdomen Stretch	Back Lift	Back Stretch	Side Bends
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	Sunday													of				
2000	Saturday									Ē				3-4 rounds of 12	30s-1 min	5-10	1 minute	
	Friday								3-4, 5 second press	5-8 each position	2-3, 10s each position	2 sets 4-6	3, 10-15s hold each position					
	Thursday	2 sets 5-8	3-4, 20s each leg	5-8	3-4, 10s each	5-8 each leg	1 minute	3 rounds of 5										
	Wednesday													3-4 rounds of 12	30s-1 min	5-10	1 minute	
	Tuesday								3-4, 5 second press	5-8 each position	2-3, 10s each position	2 sets 4-6	3, 10-15s hold each position					
	Monday	2 sets 5-8	3-4, 20s each leg	5-8	3-4, 10s each	5-8 each leg	1 minute	3 rounds of 5										
	Exercise	Forward Squats	Forward Lunges	Side Squats	Side Lunges	⊕ S Back Leg Lift	Forward Bend	Leg Lift/Heal Drops	Neck Press	ody Necklift	B e Neck Stretch	Push-ups	Arm Stretches	Crunches	e E Abdomen Stretch	Back Lift	Back Stretch	
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Sunday																			
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Exercise	Forward Squats	Forward Lunges	od Side Squats	side Lunges	ack Leg Lift	Forward Bend	Leg Lift/Heal Drops	Neck Press	Sody Necklift	Veck Stretch	sdn-ysn _c	Arm Stretches	Crunches	Abdomen Stretch	ack Lift	Back Stretch	Side Bends		
<u>u</u>	L.	,	γbo8	ver I	۲ον			2	γροg] Jəc	Jdņ	ď	Crunches Back Lift Back Stretch Side Bends						

