

CT LIFEMED

# Habit

TRACKER



MONTH OF

HABIT

DAYS

Placeholder for habit name

Tracker grid for habit 1: 2 rows of 15 circles each

Placeholder for habit name

Tracker grid for habit 2: 2 rows of 15 circles each

Placeholder for habit name

Tracker grid for habit 3: 2 rows of 15 circles each

Placeholder for habit name

Tracker grid for habit 4: 2 rows of 15 circles each

Placeholder for habit name

Tracker grid for habit 5: 2 rows of 15 circles each

Placeholder for habit name

Tracker grid for habit 6: 2 rows of 15 circles each

# CTLIFEMED'S

## Habits

### FOR A LIFETIME

**Lifestyle medicine** focuses on your lifestyle habits and how they impact your health.

Whether you have diabetes, high blood pressure or digestive issues.

Or you want to feel more energized, lose a few pounds or need to get some sleep.

Little changes in your habits can make a big difference.

**1** Pick one or two small achievable habits to from any of the lifestyle pillars.

**2** Each day **color in the circle to track** your progress.

**Examples:** Meditate 5 min, eat 3 pieces of fruit, walk 10 min after work and before dinner, replace wine with seltzer during the week. You get the picture.

**3** Once you **get into a routine** with the first couple habits, tackle another one, and so on.

*It doesn't have to be perfect, just progress. Imagine what you can do after a year!*

## Pillars

### OF LIFESTYLE MEDICINE



#### Eat more plants.

Fill 3/4 of your plate with fiber and nutrient -rich plant based foods.



Find ways to **build more activity** into your day. Walk for 10 minutes, do a set of squats.



Hone your **stress management** tools. Breathe. Pray. Journal. Spend time in nature.



#### Maintain relationships

with your favorite people, those who lift you up. Avoid isolation. Socialize.



#### Get enough sleep.

Aim for 7-9 hours. Shut screens off before bed and find a bedtime routine.



**Avoid risky substances** by finding other ways to manage stress. Try drinking seltzer. Ask for help.

Reference: American College of Lifestyle Medicine