



HEALTHY
TETON COUNTY

HEALTH TRACKER

**YOUR DAILY CHART FOR
ACHIEVING OPTIMAL HEALTH.**

NAME: _____

WEEK: _____



EAT HEALTHIER	SUN	MON	TUES	WED	THUR	FRI	SAT
BREAKFAST EVERY DAY!	★	★	★	★	★	★	★
FRUITS EAT MORE!	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○
VEGGIES EAT MORE!	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○
SWEETENED DRINKS AIM FOR NONE	★ 1 2 3 none! more	★ 1 2 3 none! more	★ 1 2 3 none! more	★ 1 2 3 none! more	★ 1 2 3 none! more	★ 1 2 3 none! more	★ 1 2 3 none! more
WATER (8 GLASSES/DAY) DRINK UP!	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○

SUN	MON	TUES	WED	THUR	FRI	SAT	MOVE MORE
○ # minutes	○ # minutes	○ # minutes	○ # minutes	○ # minutes	○ # minutes	○ # minutes	MINUTES OF ACTIVITY: OUTSIDE PLAY, CHORES, FAMILY ACTIVITIES, WALKING TO SCHOOL, SPORTS, ETC. REV IT UP! LIMIT SCREEN TIME, MINUTES OF TV, VIDEO GAMES, INTERNET GO EASY!
○ # minutes	○ # minutes	○ # minutes	○ # minutes	○ # minutes	○ # minutes	○ # minutes	

FEEL GREAT	SUN	MON	TUES	WED	THUR	FRI	SAT
HOURS OF SLEEP I GOT LAST NIGHT ZZZZZZ	○	○	○	○	○	○	○
I ATE DINNER WITH MY FAMILY THIS WEEK ON THESE DAYS:	★	★	★	★	★	★	★
I GOT INVOLVED THIS WEEK—VOLUNTEERING OR PARTICIPATING WITH SOME GROUP/CLUB	★	★	★	★	★	★	★
I PRACTICED MINDFULNESS AND/OR STRESS MANAGEMENT THIS WEEK:	Meditate Yoga Pray Breathe	Meditate Yoga Pray Breathe	Meditate Yoga Pray Breathe	Meditate Yoga Pray Breathe	Meditate Yoga Pray Breathe	Meditate Yoga Pray Breathe	Meditate Yoga Pray Breathe

Things I did well this week:

I will work on:

**CELEBRATE!
NEW GOALS!**

The content presented here is for your information only. It is not a substitute for professional medical advice, and should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider before beginning any new program or activity.

Join the movement to Eat Healthier, Move More and Feel Great!

Improving your health starts with small steps—focusing on one decision at a time. Studies show that tracking these small changes, and utilizing these simple ideas to eat healthier, move more and feel great can have a huge impact on your health. The power is yours! Healthy is within reach!

BE YOUR OWN HEALTH HERO!

EAT HEALTHIER! 10 important ways you can Eat Healthier to improve your health:

1. Eat at least 3 cups of **veggies** a day.
2. Eat around 2 **fruits** a day.
3. **Eat breakfast** every day. Go for healthy snacks between meals, too.
4. **Steer clear of sugary drinks** like soda or Gatorade (drink water instead.)
5. **Dine at the table** (with family if possible) rather than in front of a screen.
6. Eat one **less dessert** a week. Shoot for less than 6 tsp. (24 grams) added sugar/day.
7. Use a **smaller plate** to encourage appropriate portion size.
8. **Cook at home** and try a new healthy recipe.
9. **Stop when you're full**. Take it slow and eat mindfully so that you know!
10. **Choose whole grains** (at least half the time.)

1. **Set a goal** to increase your physical activity. Make a specific and clear plan today! Start where you are!
2. **Walk!** Walking is a great and accessible form of physical activity. Explore your national parks, neighboring forest lands, or the Teton County Pathways.
3. **Find ways to work activity into daily life:** Park further away from the store entrance to get some extra steps. Walk to school or work. Chores and gardening count as activity.
4. **Shoot for an hour each day of activity** for both kids and adults, with 30 minutes of some kind of aerobic activity and movement per day for adults. If you're a step tracker, work to build up to 10,000 steps per day. The activity doesn't have to happen all at once—it can be broken up throughout the day.
5. **Limit screen/device time to 2 hours/day**, especially for kiddos. (Children under 2 shouldn't be watching any at all.)
6. **Stand up and move at least every hour** if spending long periods sitting. Get up and walk while on your phone & during commercials.
7. **Strength training twice a week**. Easy to do at home—use soup cans or resistance bands. Try classes at Teton County Parks & Recreation or one of the local gyms.
8. **Sign-up for a fitness class** (Yoga, Tai Chi, Zumba, Crossfit and more) or register for a 5K race for motivation to get you moving!
9. **Build and maintain balance** to prevent falls. Yoga and Tai Chi are good for this.
10. **Move more in the day to sleep better at night**, reduce stress, increase energy and mental sharpness and focus.

MOVE MORE!

10 ways you can Move More to improve your health:

FEEL GREAT!

10 ideas to be happy mind, body & spirit— to Feel Great!

1. **Volunteer in the community!**
2. **Make a gratitude journal**—try writing down 10 things you're grateful for every day for a month.
3. **Get enough sleep:** aim for at least 7 to 8 hours a night.
4. **Be sociable and laugh, do things that you love** and help you feel joy. (Laughter is the best medicine.)
5. **Do a mindfulness practice**—meditate/pray/breathe.
6. **Get a regular/annual physical** or medical check up.
7. **Get outside** and enjoy the fresh air and sunshine every day.
8. **Find a non-food reward** to give yourself for reaching goals.
9. **Tell someone you love them** (You can also often just look at your pets to boost mood and feel the love.)
10. Learn to recognize when you are stressed: learn and practice **stress management skills**.