

Healthy Habits Log

	Mon	Tues	wed	Thurs	Fri	Sat	Sun
Date							
woke							
Breakfast							
Morning							
Lunch							
Afternoon							
Dinner							
Evening							
Night							
Bed							
Snacks							
Tea							
Coffee							
Alcohol							
Meds							
Personal Care							
Home care							
outdoors							
Relaxation							
Fun							
Treat							

How to complete your healthy habits log

Date - today's date

Woke - time you woke up

Breakfast - what you ate

Morning - mood that morning

Lunch - what you ate

Afternoon - mood that afternoon

Dinner - what you ate

Evening - mood that evening

Night - mood that night

Bed - time you went to bed

Tea - how many cups of tea you drank

Coffee - how many cups of coffee you drank

Alcohol - How many units of alcohol you drank

Meds - Did you take any daily medication (tick or cross) and any additional medication taken?

Personal care - Did you attend to your personal care needs that day? - did you wash, wear deodorant, clean your hair (if required), clean teeth (x2 daily), brush hair, wear clean clothes

Home care - did you do some jobs around the home? - e.g. washing up, laundry, hoovering, changing bedding, cleaning bathroom, wiping down surfaces, dusting, etc.

Outdoors - Did you leave the house and get some fresh air, sunlight and exercise today?

Relaxation - Did you do something relaxing today?

Fun - Did you do something fun today?

Treat - Did you treat or reward yourself today?