**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 - todays 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?