

Tracking Sheet



Try different tools each week and utilize this tracking sheet to keep track of the tools that work for you!

Week 1: Sharpen Your Mind

Try at least 4 tools to strengthen your brain and exercise at least 30 minutes 3 times this week.

1 Read for at least 30 minutes. ☐	2 Brush your teeth with your non-dominant hand. ☐	3 Refrain from using a calculator or google for a day. ☐	4 Try a dual-task activity like walking and listening. ☐	5 Draw a map from memory. ☐	6 Learn a new word and use it at least 3 times. ☐	7 At lunch or dinner, focus on using all 5 senses. ☐
Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐

Week 2: Build a Healthy Body

Try at least 4 tools to take care of your nutrition and sleep health and try 3 of the exercise tools.

8 Go to bed and wake up at the same time each day. ☐	9 Drink at least 8 8oz glasses of water. ☐	10 Reduce added sugars. ☐	11 Turn off electronic devices at least 1 hour before bed. ☐	12 Avoid foods low in nutrients and high in sodium. ☐	13 Avoid alcohol before bedtime. ☐	14 For the day, focus on eating a variety of whole foods. ☐
Take the stairs. ☐	Exercise when watching TV. ☐	Park farther away. ☐	Take a walk at lunch. ☐	Set a reminder to exercise. ☐	Use cans as light weights. ☐	Stand when on the computer. ☐

Week 3: Strengthen Your Spirit

Try at least 4 tools to soothe stress and promote calm and exercise at least 30 minutes 3 times this week.

15 Write down what gives your life purpose. ☐	16 Create something that you will enjoy making. ☐	17 Reach out to a friend or family member and meet. ☐	18 Take 10 minutes and journal about your day. ☐	19 Make a list of things you're grateful for. ☐	20 Meditate for at least 20 minutes. ☐	21 When going to sleep, practice box breathing. ☐
Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐	Exercise for least 30 minutes. ☐

Rest and self-care are so important. When you take time to replenish your spirit it allows you to serve others from the overflow. You cannot serve from an empty vessel. – Eleanor Brown