

HEALTHY HABIT LOG

Check off the days that you practice healthy behaviours until they truly become a habit. For example, moderate exercise, eating fruits and vegetables, good personal hygiene, self-massage, deep breathing, sufficient sleep, etc.

THINGS THAT MAKE
MY BODY FEEL GOOD

M

T

W

TH

F

S

SU

1

Healthy Behaviour:

2

Healthy Behaviour:

3

Healthy Behaviour:

4

Healthy Behaviour:

5

Healthy Behaviour:

6

Healthy Behaviour: