

H.E.N.S (Hydration, Exercise, Nutrition & Sleep)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydration (4-6 servings each day) Remember: Water is the best choice							
Exercise (60 mins each day) Moderate to vigorous activities							
Nutrition (Follow the Canada Food Guide) Choose healthy foods most of the time!							
Sleep (10-11 hours of sleep each night!)							

Purpose:

Remember that a habit is something that you do regularly without having to think or plan too much to complete it. The purpose of this chart is for you to be more mindful of your wellness habits. By recording what you accomplish each day you can see what you are doing well and where you might need to improve with your wellness habits. Do you remember from our twenty-one days of kindness that it takes on average 21 days to create a positive habit or change a habit that is not helping you? Try completing this chart to check in with your wellness habits.

Instructions:

This table is to help you keep track of your healthy habits over a week. You can choose to focus on one habit for the week or choose to do more than one or all of them. It is your choice! For each wellness habit you will record whether you met the recommended goal for that habit each day. Recording can be as simple as a check mark or a happy face. You could also be more detailed by recording how much of each wellness habit you completed. This is up to you.