

HEALTHY HABIT WORKBOOK

This workbook will provide guidance for the whole family to introduce new healthy habits into their daily life.

Within this workbook, you will find a Healthy Habits Chart, Sleep Tracker and a Hydration Tracker with reflection stations on each tracker.

With the whole family on board, you have strength in numbers. Making change can be hard and it feels even harder when you're doing it alone. The goal of this workbook is get everyone involved so everyone can be successful!



SOME TIPS BEFORE YOU **GET STARTED!**

WHO?

Get the whole family on board. A person will only make a meaningful change if they want to. Add incentive to keep things interesting. For example, whoever sticks to the challenges the best, wins a prize!

WHEN?

Trying new healthy habits can be fun but it might also be tough. Plan out your timeline for trying new habits. You may decide to try one week of new habits and then a break week. Avoid burnout!

WHY?

Have a family discussion on WHY you want to try new healthy habits. Do you need to break any bad cycles? Do you want to try new things? Talk it out!

PIN ME TO THE
FRIDGE FOR
EVERYONE TO SEE



MY HEALTHY HABIT CHART

THIS WEEK'S FOCUS:

SUNDAY

MONDAY

Use this chart to keep your family accountable with healthy habits. Pick a focus for the week and try to have a healthy habit each day of the week that fits that focus. Feel free to repeat healthy habits throughout the week.

At the end of the week, fill in your "Reflection Station" and assess yourself. What did everyone enjoy this week? Where can you improve?



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MY HEALTHY HABIT CHART

THIS WEEK'S FOCUS:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**REFLECTION
STATION**



**SLO
FOOD
BANK**

EXAMPLE:

MY HEALTHY HABIT CHART

THIS WEEK'S FOCUS:

Include every family member in this week's healthy habits

SUNDAY

Went for a 20 minute family walk after lunch

MONDAY

Had a "build-your-own" pasta salad bar for dinner.
Everyone picked one veggie to include

TUESDAY

Turned off all screens (TV, cell phones, iPad, etc.) after 6pm tonight

WEDNESDAY

Went for a 20 minute family walk after dinner

THURSDAY

Played a board game with the whole family tonight. Winner got to pick out dessert

FRIDAY

Sat down together to eat breakfast before everyone went to work/school

SATURDAY

Entire family swapped soda for ice water with dinner tonight

REFLECTION STATION

This week we crushed it! We thought it would be hard to get everyone on board but after the first day, everyone realized it wasn't going to be as tough as we thought. We plan to step it up next week and really challenge ourselves.



SLEEP TRACKER

Use this chart to track your bedtime. Follow the same nighttime routine all week to help you wind down. At the end of the week, assess how successful your nighttime routine was!

Nighttime routine:

DAY

BEDTIME

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

REFLECTION STATION

My nighttime routine was successful because:

Next time I would like to try:

HYDRATION TRACKER

Adults need 8-10 glasses of water per day. 1 glass = 8 ounces.

Children need 8 ounces multiplied by their age (a 7 year old needs 56 ounces total or 7 glasses of water).

Color in a water bottle for every glass of water you drink! The green water bottles are bonus!

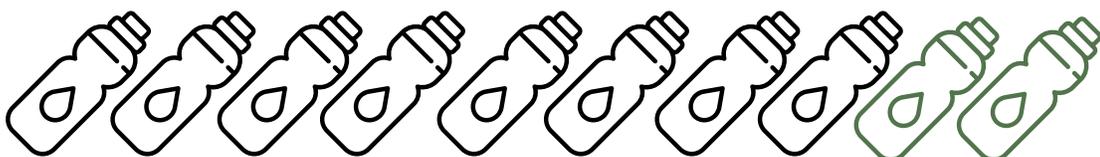
SUNDAY



MONDAY



TUESDAY



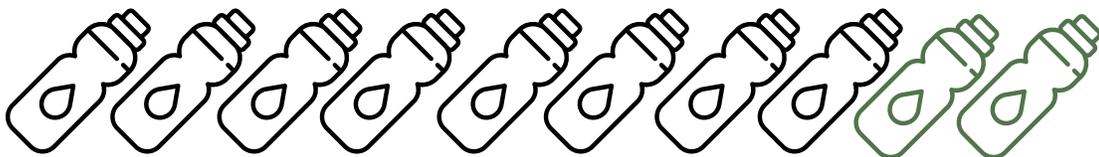
WEDNESDAY



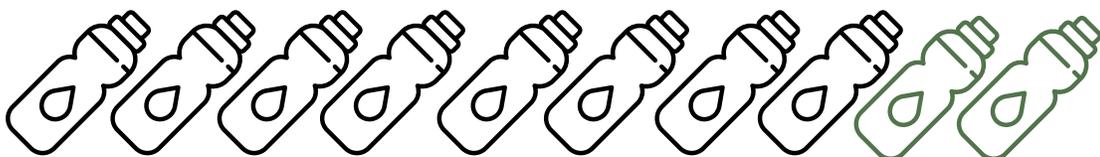
THURSDAY



FRIDAY



SATURDAY



**REFLECTION
STATION**

This week, I drank a total of ___ glasses of water. My goal was ___ glasses.



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FOOD
BANK**

FINAL REFLECTION

Use this sheet to fill in any final thoughts you have about the healthy habit challenge.

The most challenging part of this experience was:

The most fun part of this experience was:

Something new I learned about creating healthy habits is:

Next time we try a challenge like this, I want to focus on:

CONGRATS!

You have reached the end of this healthy habits workbook. We hope you learned some new habits to incorporate in your daily life.

Give yourself a pat on the back. Trying new things is tough and trying new and healthy things is even tougher.

Check out slofoodbank.org for more activities for the whole family including some fun recipes incorporating items from the monthly distribution menus!

