

# Healthy Bodies, Healthy Minds

The purpose of this resource is to motivate you all year long to keep your body moving! Staying active will help with your circulation, flexibility, digestion, and keeping a healthy mind.

Use the blank lines to fill in your goals. The top line that says 'Today's Goal' can be filled in with the activity you are aiming for, how many minutes, or what your overall goal is for the day. Even if it is just stretching, you are still moving your body and remaining active! Don't forget to take days to rest and time each day to evaluate how your mental health is. Use the example week below to get you started.



## Example Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>How do I feel?</b>	<b>How do I feel?</b>	<b>How do I feel?</b>	<b>How do I feel?</b>	<b>How do I feel?</b>	<b>How do I feel?</b>	<b>How do I feel?</b>
<b>Today's Goal:</b> Walk around the mall with a friend, 2 times minimum	<b>Today's Goal:</b> 25 minutes swimming	<b>Today's Goal:</b> REST	<b>Today's Goal:</b> 4 laps around park	<b>Today's Goal:</b> Chair yoga while watching TV	<b>Today's Goal:</b> Helping a friend move, up and down stairs several times	<b>Today's Goal:</b> Grocery shop and meal plan for the week (park on opposite of parking lot to get more steps in), 1-2 hours
<b>Completed:</b> 1 hour of mall walking	<b>Completed:</b> 30 minutes!	<b>Completed:</b> Done!	<b>Completed:</b> 3 laps around park	<b>Completed:</b> 45 minutes of chair yoga	<b>Completed:</b> Stairs, packing, moving for 2 hours total	<b>Completed:</b> 2 hours

For more information or to file a grievance, please contact:

ESRD Network 10  
911 E. 86th St., Ste. 30  
Indianapolis, IN 46240  
Toll-Free: 800-456-6919

ESRD Network 12  
2300 Main St., Ste. 900  
Kansas City, MO 64108  
Toll-Free: 800-444-9965



# Healthy Bodies, Healthy Minds Calendar

Month: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>
Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:	Completed:
How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>
Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:	Completed:
How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>
Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:	Completed:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>
Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:	Completed:
How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>
Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:	Completed:
How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>	How do I feel? <input type="checkbox"/>
Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:	Today's Goal:
Completed:	Completed:	Completed:	Completed:	Completed:	Completed:	Completed: