

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

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

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esrd.qsource.org

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:
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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"/>
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