

MY PERSONAL WELLNESS JOURNAL

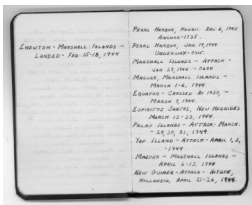
CACD Training Aid 2-T-3
Last Modified 6 Jan 06

Why?

- The journal allows you to track your food, fitness, and sleep activities which help you realize how you are behaving in healthy and unhealthy ways

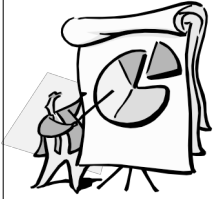


What do I write down?



- EVERYTHING you eat for a full 7 days
- All fitness activities you engage in during the week, including reading, walking, running, PE, playing, team sports
- Exactly how much time you sleep each day

What do we do with the information?



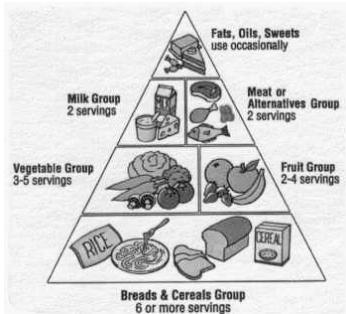
- You will be asked at the beginning of next week to do a self-analysis of whether you are eating healthy, getting enough exercise, and getting enough sleep.
- The journal is PRIVATE and will not get turned in.
- It is to help you consider how you are being healthy and how you can be more healthy.

What “should” be in the journal if I am perfectly healthy?



- Moderate amounts of food aligned with the Good Food Choice Guide (see the next slide)
- Healthy snacks in the morning and afternoon
- At least 30 minutes of sustained physical activity three or more times a week
- At least 8 hours of sleep per night

Good Food Choices



Where do we go from here?

- Copies of this journal will be available for you to use throughout your time in the Cadet Corps program.
- If you would like to discuss your journal with any of the adults here at school, we would be happy to help you consider ways to continue your path toward total wellness and health.
