

New 4-week health kick

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nutrition week	<p>Try a healthy afternoon snack — turkey and cheese roll-up, or apple with natural peanut butter or cheese slices.</p> <p> Check before and after a snack</p>	<p>Prep some non-starchy veggies to have on hand as a snack.</p> <p> Check before and after a snack</p>	<p>Try a new substitute for carbs (like cauliflower rice) for dinner.</p> <p> Check before and (2 hours) after dinner</p>	<p>“ Take care of your body. It's the only place you have to live.”</p> <p>—Jim Rohn</p>	<p>Drink at least 8 glasses of water today. Bottoms up!</p> <p> Check before breakfast and (2 hours) after dinner</p>	<p>Fun Fact: Around 1850, a French physician advised patients with diabetes to eat more sugar!</p> <p> Check before breakfast</p>	<p>Review your logbook. Do you see any connections between the food you ate and your readings?</p> <p> Check before breakfast</p>
Activity week	<p>Take at least 5,000 steps. Your body loves to move!</p> <p> Check before/after an activity session</p> <p> Track your steps</p>	<p>Skip the elevator today and take the stairs to improve heart health and strength and relieve joint stiffness.</p> <p> Track your steps</p>	<p>Take a phone call outside and walk around. Bonus: fresh air!</p> <p> Check before/after an activity session</p> <p> Track your steps</p>	<p>“ The most effective way to do it, is to do it.”</p> <p>—Amelia Earhart</p>	<p>Today, park in the farthest corner of the parking lot from your destination or the end of the block to get those steps!</p> <p> Check before/after an activity session</p> <p> Track your steps</p>	<p>Fun Fact: The Greek doctor Aretaeus, who invented the term “diabetes” in the first century A.D., believed it was caused by snakebite.</p> <p> Track your steps</p>	<p>Can you spot any trends or patterns in your logbook related to activity and your readings?</p> <p> Track your steps</p>
Sleep week	<p>Get at least 7-8 hours of sleep. Just think how energized you'll feel in the morning.</p> <p> Check before breakfast and before bed</p>	<p>To help your body ease into slumber, keep your bedroom temperature between 65 and 70 degrees.</p> <p> Check before breakfast and before bed</p>	<p>Try to reduce your caffeine intake after noon. You'll slip into slumber much faster at night.</p> <p> Check before bed</p>	<p>“ Sleep is that golden chain that ties health and our bodies together.”</p> <p>—Thomas Dekker</p>	<p>Try to go to bed and wake up at the same time every day. Your body craves consistency.</p> <p> Check before bed</p>	<p>Fun Fact: The first glucose meter was invented in 1969 and cost about \$650.</p> <p> Check before breakfast and before bed</p>	<p>Your logbook may reveal patterns related to sleep and your readings. Check it out!</p> <p> Check before breakfast</p>
De-stress week	<p>Journal your mood for 5 minutes.</p> <p> Rate your stress level from 1-10 and then check.</p>	<p>Add a lavender scent (for relaxation) into your pre-bedtime ritual.</p> <p> Rate your stress level from 1-10 and then check before bed.</p>	<p>Watch a nature video to relax. It's a bit like plugging in for a quick recharge.</p> <p> Rate your stress level from 1-10 and then check before breakfast.</p>	<p>“ Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”</p> <p>—Etty Hillesum</p>	<p>Call an old friend today. Studies show that strong relationships are great for your mental health.</p> <p> Rate your stress level from 1-10 and then check.</p>	<p>Fun Fact: In 1916, one treatment for diabetes was whiskey mixed with black coffee.</p> <p> Rate your stress level from 1-10 and then check.</p>	<p>Can you spot connections between your stress levels and blood sugar readings?</p> <p> Bravo! You completed your health kick.</p>