

Health Graph

Rate yourself in these areas over the next few months and strive to be a healthier you during your recovery.

Nutrition

I am eating healthy foods that are good for me	1	2	3	4	5
I drink 8-10 glasses of water per day	1	2	3	4	5
I drink 1-2 cups of coffee per day	1	2	3	4	5
I drink less than 3 alcoholic drinks a week	1	2	3	4	5
I watch my portion size	1	2	3	4	5
I eat high fiber foods	1	2	3	4	5
I don't eat fried foods	1	2	3	4	5
I eat a healthy breakfast every day	1	2	3	4	5
I eat healthy desserts if I have any	1	2	3	4	5
I eat out rarely	1	2	3	4	5
When I eat out, I order lean foods	1	2	3	4	5

Exercise

I do something to raise my heart rate for 30 minutes daily	1	2	3	4	5
I park near the back of parking lots to get more walking in	1	2	3	4	5
I take stairs instead of elevators	1	2	3	4	5
I do stretches/yoga/relaxation techniques daily	1	2	3	4	5
I visit my chiropractor when needed	1	2	3	4	5
I get regular massages	1	2	3	4	5
I get regular physical exams from my doctor	1	2	3	4	5
I have a workout buddy	1	2	3	4	5

Inner Personal Work

I am "in the moment" when I am with family and friends	1	2	3	4	5
I turn off my anxiety and worry more often in a conscious way	1	2	3	4	5
I am forgiving of myself	1	2	3	4	5
I am forgiving of others	1	2	3	4	5
I let others know what I appreciate about them in specific ways	1	2	3	4	5
I don't have to be "right" in conversations	1	2	3	4	5
I am aware of others' feelings and they notice my sensitive response	1	2	3	4	5
I am sure to take care of myself so that I can take care of others	1	2	3	4	5

Emotional

I am rarely depressed	1	2	3	4	5
I know there is very little outside of myself that I have control over	1	2	3	4	5
I live a day at a time even though I plan for my future	1	2	3	4	5
I accept all my weakness and my strengths as they are without apology	1	2	3	4	5
I like my abilities, gifts and uniqueness	1	2	3	4	5
I journal my thoughts, feelings and insights so I can think through my decisions	1	2	3	4	5
I am able to say "No" and set clear boundaries around myself	1	2	3	4	5
I sleep at least 8 hours a night	1	2	3	4	5

Spiritual

I have quiet time each morning	1	2	3	4	5
I read my bible throughout the day	1	2	3	4	5
I pray throughout the day	1	2	3	4	5
I am learning to lean on God more than others	1	2	3	4	5
I attend a bible class	1	2	3	4	5
I regularly go to church	1	2	3	4	5
I watch and listen to things that are God centered	1	2	3	4	5

Work on as many of these as you can and try to improve them, even by one number each month. Re-assess yourself each month to see how you are improving