

The Healthy Lifestyles Inventory is a simple activity that helps you examine some activities that you can do on a daily basis to maintain or improve your health. Use the log form on the next page to track 8 activities that can enhance your health and well-being. Each day that you complete any of the activities listed below, place a check in the appropriate box. At the end of the week, tally-up your points, and take inventory to see how you feel after incorporating these simple activities into your life!

Description of daily activities that you can do to earn points:

1.	20 min of Cardiovascular activity – Every day that you perform 20 or more minutes of an exercise that strengthens the cardiovascular system, you can earn 1 point. Examples are running, brisk walking, swimming, bike riding, aerobics, or roller skating.
2.	20 min of weight training – Every day that you do 20 or more minutes of weight training, you can earn 1 point. Examples are lifting weights in the weight room, participating in a class that uses weights or resistance, performing exercises designed to strengthen the body such as calisthenics or plyometrics, following a video that shows exercises with equipment such as physioballs, resistance cords or something similar.
3.	10 min of stretching activities – Every day that you do 10 or more minutes of stretching or flexibility activities, you can earn 1 point. Examples are yoga, basic stretching or Pilates.
4.	Incorporating physical activity into your day – Each day that you do something that adds physical activity to your daily routine, you can earn 1 point. Examples include parking further away from class, taking the stairs rather than the elevator, riding your bike to school or work, walking to lunch rather than driving, or doing leg exercises while watching TV.
5.	Eating 5 servings of fruits and vegetables – Each day that you eat 5 or more servings of fruits and vegetables you can earn 1 point. An example of a serving is ½ cup of chopped or cooked vegetables or fruits, or 1 cup of leafy vegetables such as salad. Try to include many different colors and types of fruits and vegetables daily or weekly, to insure that you are getting a variety of nutrients.
6.	Eating 3 or more servings of whole grains – Each day that you eat 3 or more servings of whole grains, you can earn 1 point. Examples of a serving of whole grains are 1 slice of whole wheat bread, ½ cup of oatmeal, or ¾ of a cup of bran flakes.
7.	Keep discretionary calories to 300 or fewer per day – Each day that you eat less than 300 discretionary calories, you can earn 1 point. Discretionary calories include those foods that are low in nutritional value but fun to eat!! Examples are cookies, ice cream, candy, soda, potato chips, sausage, bacon, fries, or beer.
8.	Get 7-8 hours of sleep at night – Each night that you sleep at least 7 hours, you can earn 1 point. Adequate rest is extremely beneficial to health, and most adults do not get the recommended minimum of 7 hours (8 is even better).

(Cont. on Back)



Log form for the week of: _____ (enter date for the week you did this inventory)

Mark the appropriate box with a check mark each day that you complete that activity. At the end of the week, count your checks and put the total number in the "points per week" blank.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Did 20 min. cardio							
Did 20 min. weight training							
Did 10 min. stretching							
Incorporated physical activity into day							
Ate 4 cups fruits and vegetables							
Ate 3+ servings whole grains							
Ate <300 discretionary calories							
Got 7-8 hours sleep							

Points for the week (count the checked boxes) _____

Now take a moment to answer a few questions:

Did you make an effort to include more of these healthy habits into your life? _____

How did you feel on days when you did several of the activities? On days when you did few or none?

Which activities were easy or difficult for you? _____

Which activities will you try to include in your life on a daily basis?

Bring your completed form to the SHS Wellness Center to receive 20 Wellness Card points for completing this activity.