

Self-Care and Wellness

Self-care is taking time for yourself everyday so that health and wellness can be maintained, including a healthy weight. Self-care can be eating healthy and exercising, but it can also be anything that helps restore balance in your life and brings you a greater sense of well-being. Maintaining a healthy weight requires a commitment to a healthy lifestyle but a healthy lifestyle is not obtained in a day, it is cultivated over time. To change and/or sustain a healthy habit, it must be practiced consistently. Over time, these healthy choices lead to a healthy lifestyle. The *Daily Wellness Planner* on the following page can help you practice self-care and maintain wellness to manage weight by taking the time to write and reflect on your daily health goals and choices.

Sleep:

- ✓ Check the hours of sleep you received and notice any connection to your physical and psychological wellness.
- ✓ Observe or reflect on your state of wellness when you receive less than 7 hours, 7-9 hours, or more than 9 hours of sleep.

Daily Activity and Exercise:

- ✓ Check and note if and how you got your steps in as well as how many (#) steps for the day.
- ✓ Check whether you engaged in cardio, strength, or flexibility exercise and note the activity, intensity, duration, and frequency.

Hydration:

- ✓ Circle the 8 oz. cups of water you drink in a day to assess hydration and observe any connection to hunger and fullness cues.

Nutrition:

- ✓ Check-in with your hunger and fullness before and after eating to help cultivate mindfulness of your body's nutrition needs.
- ✓ Be specific in noting foods, beverages, and condiments at meals as well as how items are cooked, % of fat, etc.
- ✓ Check food groups to help you assess trends in food preferences and to ensure you maintain balance in your daily diet.
- ✓ Be aware of the time of meals from start to finish as well as where the meal was eaten and who the meal was eaten with.
- ✓ Note your thoughts, mood, feelings, or any other observations to provide insight into possible influence on eating behavior.

Goals and Affirmations:

- ✓ Make your goal(s) SMART (*specific, measurable, action-oriented, realistic, and time-limited*).
- ✓ Use positive affirmations on persistent negative thoughts you want to change; consider connecting them to your goal(s).

My Maintenance Daily Wellness Planner

Day: Monday Tuesday Wednesday Thursday Friday Saturday Sunday Date: ___/___/___

Sleep: <7 hrs. 7-9 hrs. >9 hrs. **Daily Steps:** _____ **Exercise:** Cardiovascular Strength Flexibility

Cardiovascular Activity: _____ **Intensity** mild moderate vigorous **Duration** _____ minutes **Frequency** _____ x/d

Strength Activity: _____ **Intensity** mild moderate vigorous **Duration** _____ minutes **Frequency** _____ x/d

Flexibility Activity: _____ **Intensity** mild moderate vigorous **Duration** _____ minutes **Frequency** _____ x/d

Hydration (Male: 13 cups; Female: 9 cups): 

Hunger/Fullness: 0Ravenous 1Extremely Hungry 2Very Hungry 3Hungry 4Slightly Hungry 5Neutral 6Satisfied 7Full 8Very Full 9Extremely Full 10Uncomfortably Full

Mindful Meals

Mood, Emotions, Thoughts

Hunger/Fullness Before: 0 1 2 3 4 5 6 7 8 9 10 **After:** 0 1 2 3 4 5 6 7 8 9 10

Breakfast: _____
_____ **Time:** _____ - _____ am

Where? _____ **With Who?** _____ Vegetable Fruit Starch Protein Fat Probiotic

Hunger/Fullness Before: 0 1 2 3 4 5 6 7 8 9 10 **After:** 0 1 2 3 4 5 6 7 8 9 10

Morning Snack: _____ **Time:** _____ - _____ am

Where? _____ **With Who?** _____ Vegetable Fruit Starch Protein Fat Probiotic

Hunger/Fullness Before: 0 1 2 3 4 5 6 7 8 9 10 **After:** 0 1 2 3 4 5 6 7 8 9 10

Lunch: _____
_____ **Time:** _____ - _____ am/pm

Where? _____ **With Who?** _____ Vegetable Fruit Starch Protein Fat Probiotic

Hunger/Fullness Before: 0 1 2 3 4 5 6 7 8 9 10 **After:** 0 1 2 3 4 5 6 7 8 9 10

Afternoon Snack: _____ **Time:** _____ - _____ pm

Where? _____ **With Who?** _____ Vegetable Fruit Starch Protein Fat Probiotic

Hunger/Fullness Before: 0 1 2 3 4 5 6 7 8 9 10 **After:** 0 1 2 3 4 5 6 7 8 9 10

Dinner: _____
_____ **Time:** _____ - _____ pm

Where? _____ **With Who?** _____ Vegetable Fruit Starch Protein Fat Probiotic

Today's SMART Goal(s): _____

Today's Affirmation(s): _____