

HEALTHY LIFESTYLE SCORECARD

DAILY ACTIVITIES	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPEAK POSITIVELY Give at least one genuine compliment each day							
MUSIC UPLIFTING and/or CALMING							
WATER / HYDRATION							
EXERCISE / MOVEMENT							
SLEEP							
DEEP BREATHING							
LIGHT THERAPY							
MEMORIZE SCRIPTURE							
ADD NATURAL FIBER FOODS TO EVERY MEAL							
GRATITUDE JOURNAL <ul style="list-style-type: none"> • What am I grateful for? • What went well today? • What am I looking forward to? 							

The Healthy Lifestyle Scorecard includes ten categories that are important to your wellbeing. For each category make a daily entry.