

Health and Lifestyle: Where are you at right now?

As I'm sure you'll agree, without our health we have nothing. In fact, our own health and that of our loved ones are two of the top three causes of stress, according to recent studies.

So let's find out where you're currently at, and then with the use of the Uppy resources you can figure out where you need to make changes and put plans in place to make them happen.

GOODBYE tiredness, bloating and unwanted weight
HELLO energy, clarity and all the clothes in your wardrobe!

Please use the following worksheets to track your key health and lifestyle factors each week.

As well as giving you an idea of where you're at, this will also start to get you to become aware of what your body is doing - tuning in and listening to your body is an essential skill for sustained optimum wellness.



Weekly Tracker - Lifestyle

	Activity No. mins & type	Sleep Hrs	Working Hrs	Stress 1 = Super chilled 10 = Out of control	Mood 1 = Rock bottom 10 = On top of the world	Energy 1 = Bugged 10 = Buzzing	Physical Symptoms E.g. bloating, sinus issues, erratic bowels
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Weekly Tracker - Nutrition

Breakfast

Lunch

Dinner

Snacks

Drinks

inc. litres of water, no. coffees
& alcohol

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday