

NC FCS Agents Living Well Journal

Date 5-2-17

Strategy I am working on this week: run 3 days

How many days did I achieve my goal this week: 3

How hard did I work this week: 7

\*\*Rate your level using a scale from 0 to 11, with 0=nothing at all, 3=moderate, 7=very hard, 10=extremely hard, 11=absolute maximum.

How do I feel? (use this as an opportunity to reflect on the outcome of your strategy)

Some days I was very tired and didn't feel like running but when I talked myself into it, I felt so great afterwards. I have had more energy and am sleeping better.

This week I was mindful of:

drinking more water and eating healthier

NC FCS Agents Living Well Journal

Date 6-24-17

Strategy I am working on this week: drink 8 glasses H<sub>2</sub>O/day

How many days did I achieve my goal this week: 4

How hard did I work this week: 5

\*\*Rate your level using a scale from 0 to 11, with 0=nothing at all, 3=moderate, 7=very hard, 10=extremely hard, 11=absolute maximum.

How do I feel? (use this as an opportunity to reflect on the outcome of your strategy)

I am drinking less soda and tea and have had more energy. I am also eating less because I am drinking more water.

This week I was mindful of:

choosing water over other beverages, getting more sleep, exercising at least 30 mins a few times a week.