# WHY TRACK YOUR HABITS?

Spot behavioural patterns
Stay accountable
Measure progress
Honour your body
Take control of your lifestyle



# NEED MORE INFORMATION?

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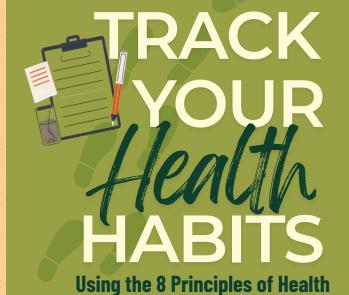


Health Ministries
Ontario Conference of Seventh-day Adventists

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# RESTERED



### Did you keep track of what you've done for your health today



#### REST

**GOAL:** 7 HOURS DAILY

- Sleep hours: hours.
- Bedtime: \_\_\_\_ p.m.
- Wake-up time: \_\_\_\_ a.m.
- Took Sabbath rest: Yes No\_



## EAT WHOLESOME FOOD

**GOAL:** PLANT-BASED, MEAT-FREE, WHOLESOME FOOD

- Fruits & Vegetables consumed:
- Proteins & healthy Fats consumed:



#### **SUNSHINE**

**GOAL:** 30 MINUTES DAILY

- Morning sun exposure: \_\_\_\_a.m.
- Time spent outdoors: \_\_\_\_\_
  minutes.

"The mind controls the whole man. All our actions, good or bad, have their source in the mind."-Ellen G. White



#### **RESTURED**



# TRUST IN DIVINE POWER

**GOAL:** TRUST AND PRAY

- Engaged in Prayer time:
   Yes No
- Things to pray for:



#### **OXYGEN**

**GOAL:** BREATHE DEEPLY AND GET FRESH AIR

- Time spent outdoors or in nature: minutes.
- Deep-breathing exercises:
   Yes No
- Opened window for fresh air:
   Yes

"Genes load the gun, but lifestyle pulls the trigger. The good news is that lifestyle is our choice—and God gives us the power to choose well."

-Inspired by Dr. Hans Diehl's emphasis on lifestyle choice



# RESTRAINT / SELF-CONTROL

**GOAL:** MODERATION IN EVERYTHING GOOD, AVOID ANYTHING HARMFUI

- Caffeine intake: cups.
- Screen time: \_\_\_\_ hours.
- Tobacco smoke/vaping:
   Yes \_\_\_\_\_ No \_\_\_\_
- Desire to limit or completely avoid the above:

Yes	No



#### **EXERCISE**

**GOAL:** 30 MINUTES DAILY

- Routine exercise:
   minutes.
- Walked outside: \_\_\_\_\_ minutes.
- Stood up and moved every hour: Done None \_\_\_\_



#### **DRINK WATER**

**GOAL:** CONSUME 6 - 8 CUPS OF CLEAN WATER

- Water intake: \_\_\_\_ cups.
- Kept bodily hygiene:
   Done None
- Chose water over soda/beer:
   Yes No