



INTRODUCTION TO HEALTHY HABITS | LESSON 1: TAKE CARE OF YOU

HOMEPLAY

Healthy Habits Scoreboard

How do you take care of yourself?
Answer the questions below to find out!

STEP 1

Rate yourself by placing a checkmark in the box to show how often you perform the activity.

STEP 2

Ask a caregiver or friend to complete the Healthy Habits Scoreboard as well.

BODY	ALWAYS	USUALLY	SOMETIMES	NEVER
Example: eat green leafy vegetables every day	✓			
Eat 5 servings of fruits and vegetables every day				
Exercise regularly				
Go to the doctor when I'm not feeling well				
Rest – take time off when needed				
Get enough sleep				
Wash my hands regularly				
Brush and floss my teeth				
Shower/bathe regularly and after exercise				
Wash workout clothes regularly				

MIND	ALWAYS	USUALLY	SOMETIMES	NEVER
Check in with myself to see how I'm feeling				
Journal – write down my thoughts, ideas and feelings				
Read something I enjoy				
Do breathing exercises				
Learn something new				
Spend time in nature				

MOOD	ALWAYS	USUALLY	SOMETIMES	NEVER
Spend time with friends and family				
Love and praise myself				
Find things to make me laugh				
Express myself				
Use Strong Messages				
Find connections with my community				
Take time to do things that I like				

STEP 3

When you are done filling out the Healthy Habits Scoreboard, you and your caregiver or friend can take turns answering the discussion questions below.

What are some signs that I need to take better care of myself?
For example, feeling tired, easily irritated, headaches

What is one thing from the Healthy Habits Scoreboard that I would like to improve?

When will I add this into my routine?

What may get in the way of self-care, or taking care of myself?

Who can help me?



MAKE IT A HABIT

I will work on (choose one habit from the Scoreboard).

To learn more about this habit I will:

- Do research online
- Ask a doctor or health professional
- Ask my coach
- Other _____

**If this habit is important to you, be sure to add it to your Habit Tracker!
This will help you schedule it into your week.**