



DAILY CHART FOR

name _____

location _____

month _____

Track your numbers by filling out this 95210 daily chart for one month! (See instructions on back)

Day	Hours of sleep	Servings of fruits & veggies	Hours or less of screentime	Hour of physical activity	Zero sugary beverages	Zero tobacco exposure	Walking Steps	Cups of water	Color smiley face when you meet goals
	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	
1	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
2	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
3	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
4	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
5	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
6	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
7	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
8	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
9	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
10	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
11	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
12	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
13	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
14	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
15	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
16	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
17	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
18	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
19	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
20	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
21	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
22	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
23	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
24	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
25	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
26	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
27	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
28	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
29	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
30	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊
31	5 6 7 8 9 10	3 4 5 6 7 8	0 1 2 3 4 5	15 30 45 60 90 120	0 1 2 3 4 5	YES NO	1000 2500 5000 10000	4 5 6 7 8 9	😊



30-DAY HEALTHY HABITS CHALLENGE

Select one or more to start a new healthy habit today!

1. Start and finish your day with a cup of water.

It has long been known that drinking water first thing in the morning on an empty stomach purifies the body's internal system. An especially important result of this treatment is that it cleanses the colon, which makes the body much more able to absorb nutrients from food. Keep a water bottle/container at your desk and drink water throughout the day.

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2. Get up and move every 55 minutes for 5 minutes.

There's increasing evidence that demonstrates real benefits when people become more active during their workdays. Even short periods of movement can have a positive impact! People who stand and move around a bit experience positive changes in blood pressure and waist circumference. Set a timer on your computer or smartphone every 55 minutes to move around!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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3. Use Sunscreen.

Follow the UV Index score -- which ranges from "low" to "extreme" -- every day at <http://www2.epa.gov/sunwise/uv-index>. By tracking it daily you learn about being outdoors safely, even on cloudy days. An Australian study by researchers report that people who apply sunscreen everyday show 24% less skin aging compared to participants who only used sunscreen part of the time. Use a broad spectrum sunscreen (protection against both ultraviolet A and ultraviolet B rays) with an SPF value at least 50.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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4. Wash your hands.

When washing your hands think wet, lather, SCRUB for 20 seconds, rinse, and dry. Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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5. Keep a Gratitude Journal.

If you want to start attracting positive things into your life, show your gratitude, appreciation and love for the people and things around you. On a daily basis, find something you are appreciative of or find something you are grateful for, and write it down in a journal.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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6. Read a daily health or fitness article.

Taking a few moments every day to learn more about fitness tips, workout plans, recipes, proper nutrition, and muscle building techniques will help you to get the body you want. Take away at least one new action each day that will improve your overall health! Keep a log or journal of the great articles you've read and share them with family and friends.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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7. Pay It Forward.

Feel good. Give. Giving releases feel good hormones, dopamine and serotonin. Raise the bar, set a higher standard, don't wait to give back. Just give with selfless service! There are many ways to give. Buy the person behind you in line a cup of coffee, a book, make a donation to a favorite charity, or leave a kind note for someone you don't know.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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8. Laugh Every Day.

Sometimes the best therapy comes from shaking your head and chuckling at the hand of cards that life has dealt. Look for the humor in every situation and be willing to shake it off, laugh, and move on. Laughter is a proven mood-booster and tummy-toner, as well! Tune into a comedy station on satellite radio, watch a funny movie, or read a joke every day!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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9. Cultivate Curiosity.

Sharp minds are always asking, "why?" Channel your inner preschooler and seek to learn something new about a person, place or thing. It doesn't have to be anything academic or profound. Learn a little more about something that interests you!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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10. Stretch your body.

Stretching does more than just make you feel good and help your muscles relax. It protects against injury, strengthens your bones, improves your balance, and lightens your mood. Stretch at your desk, in the car, and when standing in line.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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95210 Daily Chart Instructions

Use the 95210 Paper Tracker as instructed by your group coordinator or track those items that are the most important to your personal health. Fill in the circle that best represents the number that you are tracking on a daily or periodic basis. The 95210 numbers highlighted in color are a guide to your daily goals, but set your own goals and achieve them over time. Use the 30-day Healthy Habits Challenges above to see improvements in your overall health as you develop new daily habits to last a lifetime!