

HEALTHY LIVING TRACKER

Tracking key aspects of your health, such as sleep, exercise, nutrition, and blood pressure, helps you identify patterns and make intentional choices for sustainable, healthy living. Use these tracking sheets daily along with setting SMART goals to build a healthy, balanced life.

DATE	TIME	BEFORE/ AFTER MEDS	BLOOD PRESSURE READING	HOURS OF SLEEP LAST NIGHT	MINUTES OF PHYSICAL ACTIVITY	CUPS OF FRUITS & VEGETABLES
8/1/25	10 AM PM	BEFORE AFTER	125/85	7	35	3
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			

SMART Goal:

My goal this week:

Health Patterns:

What patterns do I notice in my health tracking this week?

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DATE	TIME	BEFORE/ AFTER MEDS	BLOOD PRESSURE READING	HOURS OF SLEEP LAST NIGHT	MINUTES OF EXERCISE	CUPS OF FRUITS & VEGETABLES
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			
	AM PM	BEFORE AFTER	/			

SMART Goal:

My goal this week:

Circle the elements of wellness that have been the strongest for you the last two weeks:



**Medication
Management**



Sleep



Exercise



Nutrition



**Tobacco
Cessation**



**Blood Pressure
Tracking**



**Stress
Reduction**