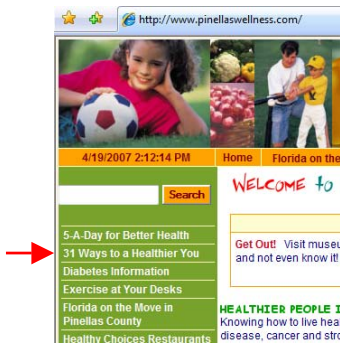


## Activity 4: Things You Can Do Every Day for Your Health



1. Go to <http://www.pinellaswellness.com/>.
2. Click on **31 Ways to a Healthier You**.
3. Read the list. Then choose 5 to do.
4. Write the 5 activities you choose below. (See the sample.)
5. Write a checkmark ✓ every time you do one of the 5 activities. Write what you do every day. (See the sample.)
6. At the end of the week, see how many times you did each activity. How did you do?

Activity	M	T	W	Th	F	S	Sun	Total Times This Week
<i>Take the stairs</i>	✓✓	✓✓ ✓✓	✓✓	✓	✓✓		✓✓	<i>13</i>
1.								
2.								
3.								
4.								
5.								

7. At the end of the week, answer the questions (below) using your chart (above).

1. Did you enjoy trying using the chart?

\_\_\_ Yes \_\_\_ No \_\_\_ Undecided

2. Will you continue to use the chart? Explain your answer.

\_\_\_ Yes \_\_\_ No \_\_\_ Undecided

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3. Are there other activities on the list that you will try? If so, write them here:

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