



Reflect and Revamp Worksheet:

What healthy habits or routines are currently a part of your life? (Include rough frequency i.e. 2x/week or every morning)

How happy are you with these current habits and routines? (0-10 scale with 10 being extremely happy and would not change a thing)

What habits would you like to build into your life? What is a barrier to building this?

Where is there time in my day/week that I can refocus for myself and my goals for a healthy life?

Reflect and Revamp Worksheet:

What healthy habits or routines are currently a part of your life? (Include rough frequency i.e. 2x/week or every morning)

- Drink a glass of water upon waking every morning
- Taking a short walk after dinner, ~4xweek
- Cardio 2-3x/week

How happy are you with these current habits and routines? (0-10 scale with 10 being extremely happy and would not change a thing)

- 7--I am happy that I have still been getting in some activity a few times a week, but I want to get back to being more consistent

What habits would you like to build into your life? What is a barrier to building this?

- Build: sleep 7-8 hours/night, beginner strength/weights routine
- Barrier: spending time on phone right before bed; I feel out of place in the weights section of the gym, I'm afraid I might hurt myself

Where is there time in my day/week that I can refocus for myself and my goals for a healthy life?

- Lunch break at work a few days/week
- Sunday afternoon