

Activity: Care for Body – Design Your Plan

Assessing how you care for your body allows you to identify the strengths of your current lifestyle and select from the vast array of wellness tools available to choose ones most likely to assist you towards your wellness goals. Listed here are a few resources to assist you in developing your wellness plan:



Develop a fitness plan

- The Mayo Clinic has [tips on how to create a fitness plan](#).
- Consider using a mobile app to help track your progress, set goals, find plans, and receive motivation. [Here is a resource](#) that rates 25 fitness apps.



Find accountability partner(s)

- Having that extra motivation could be what you need to jump start your lifestyle change. This could be someone who simply encourages you to continue with your fitness or health goals, or someone with whom you exercise/eat well. Your accountability person could be a significant other, a co-worker, a family member or a friend. They even have online options to be accountable via mobile apps.



Keep a food journal

- This not only helps you to be mindful of what you are eating, but also to help navigate away from those unhealthy eating responses to stress.
- Use a journal, planner, or even your smart phone to help track what you are eating daily. This could range from simply documenting the foods you ate that day, to more in depth details of the quantity, calories and other nutrition information, and at what times of day. This [article reviews 18 apps](#) for tracking.



Meal prep

- Meal prepping at the beginning of your work week can help ensure you have healthy food options during the week.
- Here is a [meal prep guide](#) to get you started.



Sleep

- Most studies conclude that the average adult should be sleeping 7-9 hours a night. Finding [what works for you](#), and knowing your body's responses, will be key here.

Activity: Care for Body – Design Your Plan (continued)

Make your goals SMART

- When setting goals for your health, it can be very helpful if they are **Specific, Measurable, Attainable, Realistic, and Time-based (SMART)**.
- [Learn more](#) about making your goals for lifestyle changes SMART.



Remember, incorporating new wellness practices into your life takes time. No one becomes an expert overnight. Consider reviewing your accomplishments weekly to help you recognize your successes and continue to work towards your goals.