

_____ 's Heart Health Tracker



Week of _____



Body

Get Your Heart Pumping

The average adult needs at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week. Track the minutes you exercise each day and record them here to make sure you meet your weekly goal.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Total:



Mind

Put Your Mind at Ease

Prolonged stress can put some strain on your heart. Take time to consider what kind of healthy coping mechanism (5-minute meditation, a walk outside) you can employ when you start to feel stressed this week, then write it below to help yourself remember!

When I start to feel stressed this week, I will _____



Spirit

Reflect on Your Blessings

Did you know studies have shown that practicing gratitude regularly can lower your blood pressure? Each day this week, take time to think about two or three things you're grateful for and write them down in the box below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	1.	1.	1.	1.	1.	1.
2.	2.	2.	2.	2.	2.	2.
3.	3.	3.	3.	3.	3.	3.