



Weekly Health Diary

Now that you're ready to start making healthy lifestyle changes, it's time to take steps that may help. It's helpful to write down your goals and track your progress. You can copy this form and use it each week.

Commit yourself to a healthy lifestyle and celebrate your success! Start today!



1. Eating Healthy

List the changes you make to your diet to stay healthy and help manage your cholesterol.

2. Setting Exercise Goals

Write your exercise goals for the week and keep track of which exercises you do. Be specific.

3. Motivating Yourself

Keep yourself motivated by writing an inspirational quote or saying for the week.

4. Thinking of Others

Remind yourself why a healthy lifestyle is important. Write down the names of special people in your life who want you to stay healthy.
