

Table of Contents

Resources Developed for Linkage Demonstration Project

General Health Education.....	p.2
HEPA Filter Information.....	p.7
Home Exercises.....	p.9
Home Safety Equipment	p.11
How to Listen to Free Audiobooks on Libby	p.12
How to Use a QR Code	p.15
Managing Asthma	p.17
Managing High Blood Pressure	p.19
Managing High Cholesterol.....	p.21
Online Yoga resources.....	p.23
Smart911 Information.....	p.24
Strokes in Children Information.....	p.25
Healthy Tracking Charts:	
Doctor Visit Sheet	p.27
Junk Food Tracking Chart	p.28
Physical Activity Tracking Chart.....	p.30
Walking Before Bed Tracking Chart	p.32

Health Education

Regular Check-Ups

It is important to see your doctor each year so that they can check your health and find any health problems early, sometimes before you even start feeling bad. It is easier to treat many types of health problems when the doctor finds them early.

When you see your doctor each year, you can get your blood pressure checked and talk to your doctor about having your hearing and vision tested. You can also make sure you are up-to-date with any shots you need, like a flu shot or a COVID shot.

Blood Pressure Checks

Measuring your blood pressure is the only way to know if you have high blood pressure, since there are usually no other signs or symptoms. High blood pressure puts you at greater risk for health problems like stroke, heart disease, and kidney disease. If you learn your blood pressure is high, there are things you can do to help lower it and help prevent disease.

You should get your blood pressure checked when you visit your doctor for a check-up each year.

Vision Checks

Vision exams are important to make sure you see the best you can. It is important to have your eyes checked as often as your doctor says even when you don't have changes in your vision. This is because eye doctors also check the health of your eyes and can treat problems before it is too late.

You should get your vision checked every 2 years. [source: Medicaid]

Hearing Checks

Hearing tests are important to identify changes in your hearing ability. Sometimes further hearing loss can be prevented if treated early.

You should get your hearing checked every year. [source: ASHA]

Vaccines and Immunizations

The flu shot can help prevent you from getting the flu. If you do become sick with the flu, the flu shot can help keep you from being hospitalized and having other medical problems from the flu.

You should get a flu shot each year. It is best to get it before people in your community are getting sick with the flu.

The COVID shot can help prevent you from getting COVID-19. If you do become sick with COVID-19, the shot helps keep you from being hospitalized and having other medical problems from COVID-19.

Other shots - It is important to get all the shots you need so you don't get certain illnesses and spread them to others. Getting certain shots helps keep you from being hospitalized and having other medical problems from specific diseases.

You should ask your doctor if there are any shots you need at your routine check-up.

Dentist

The dentist helps you by checking for cavities, gum disease, and oral cancer. Cleaning gets the plaque and tartar off your teeth. The dentist can also teach you better ways to brush and floss your teeth.

You should see a dentist at least once or twice each year. [source: Delta Dental]

The video walks through a dental visit: https://www.youtube.com/watch?v=k5v_577lnsk (British vernacular).



Anxiety or Depression

1. When to get help

It's important to get help from your doctor or a mental health professional if you feel anxious or depressed a lot.

Depression is more than just feeling bad sometimes or having a bad day. It's when you have sad feelings that last for a long time and make it hard to live your everyday life. You may have depression if you:

- Don't want to do lots of things that used to be fun
- Have trouble sleeping OR sleep too much / all the time
- Eat more or less than usual or don't want to eat at all
- Feel bad about yourself - like you aren't a good person
- Think about hurting yourself

Anxiety is when you feel worried or afraid most of the time and it doesn't go away. It's when you feel so nervous or upset that it's hard to live your everyday life.

2. Where to get help

- You can get help from a therapist. A therapist is a licensed mental health professional you can trust. They will talk to you about your thoughts and feelings and help you figure things out.
- You can also talk to your doctor to get a referral to a mental health professional if you are anxious or depressed.
- You can talk to a support person or family member for help getting in touch with a mental health professional.

Sources:

<https://www.cdc.gov/tobacco/campaign/tips/diseases/depression-anxiety.html>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders?rf=32471>

Tobacco Cessation

Smoking hurts the entire body and makes it less healthy. It can cause many diseases and be very bad for your lungs and heart. It can cause different types of cancer. It makes people around you, including your loved ones, less healthy when they are around the smoke. Quitting smoking can make your health better right away and help you live a longer, healthier life.

E-cigarettes, or vapes, are so new that scientists are still learning what effect they have on our health. We do know they contain nicotine, which can make you addicted, and can hurt pregnant people and their babies.

Source:

https://www.cdc.gov/tobacco/basic_information/index.htm?s_cid=osh-stu-home-nav-003

Alcohol Misuse

Drinking too much alcohol can lead to problems right away. It makes people more likely to get hurt, either accidentally (like a fall or a car crash) or being hurt by someone else. Alcohol hurts pregnant people and their babies.

Too much alcohol can also lead to health problems over time. You can become dependent on alcohol. It can cause problems with your family or job. It makes it easier for you to get sick. It means it's more likely you will get certain kinds of cancer, high blood pressure, heart disease, stroke, liver disease, or stomach problems.

Source:

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Drug Misuse

Prescription misuse is taking any medicine that was prescribed for someone else, or taking it in a way different than your doctor told you. Medications not meant for you, or too much medication, even if it's yours, can make you very sick. Not taking the medication your doctor prescribed can also make you sick.

Illegal drugs can cause health problems, accidents, injuries, addiction, and death. You can also be jailed for buying and using illegal drugs.

Source:

<https://www.samhsa.gov/adult-drug-use>

Fruits and Vegetables

Fruits and vegetables are the best types of food you can eat. Adults should eat 1½ to 2 cups of fruit, and 2-3 cups of vegetables, every day. Make a fist with your hand: that is about the size of 1 cup. Eating enough fruit and vegetables can help you live longer and be healthier. Fruits and vegetables help you maintain a healthy weight and avoid certain sicknesses like cancer and Type 2 diabetes.

Another way to make sure you are eating enough fruits and vegetables is to look at how your food fits on your plate. Fill half your plate with vegetables. Fill one quarter your plate with fruit, dairy, pasta, or beans. Fill the other quarter with protein like chicken, fish, eggs, or tofu. If you do this, you will be eating a balanced meal.

Sources:

[Diabetes Meal Planning | CDC](#)

<https://www.cdc.gov/mmwr/volumes/71/wr/mm7101a1.htm#:~:text=The%202020%E2%80%932025%20Dietary%20Guidelines,cup%2Dequivalents%20of%20vegetables%20daily>

Physical Activity

Physical activity is anything that gets your body moving – it could be walking your dog, dancing, or raking your lawn. Physical activity doesn't have to be going to the gym. Adults should aim for 30 minutes a day on most days of the week.

Being active helps you to build strength in your bones and muscles. It keeps your heart and your brain healthy. When your heart is healthy you can breathe better and walk longer. You can also protect against heart attacks. When your brain is healthy you can think more clearly, you may become happier, and you may better enjoy other activities in your life. Physical activity helps you sleep better, so you have more energy. Being active makes you feel better, keeps you from getting certain sicknesses, and helps you live a longer life.

Sources:

<https://www.plainlanguage.gov/examples/brochures/hhs-brochure/#:~:text=The%20Dietary%20Guidelines%20for%20Americans,moderate%20sports%20exercise%2C%20and%20dancing>

<https://www.plainlanguage.gov/examples/brochures/hhs-brochure/#:~:text=The%20Dietary%20Guidelines%20for%20Americans,moderate%20sports%20exercise%2C%20and%20dancing>

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#:~:text=Being%20physically%20active%20can%20improve,activity%20gain%20some%20health%20benefits.>

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#:~:text=Being%20physically%20active%20can%20improve,activity%20gain%20some%20health%20benefits.>

HEPA Filter Information

Who can HEPA Air Filters Help?

HEPA Filters can help people of all ages. They can be especially helpful for people who have allergies, asthma, or have a hard time breathing.

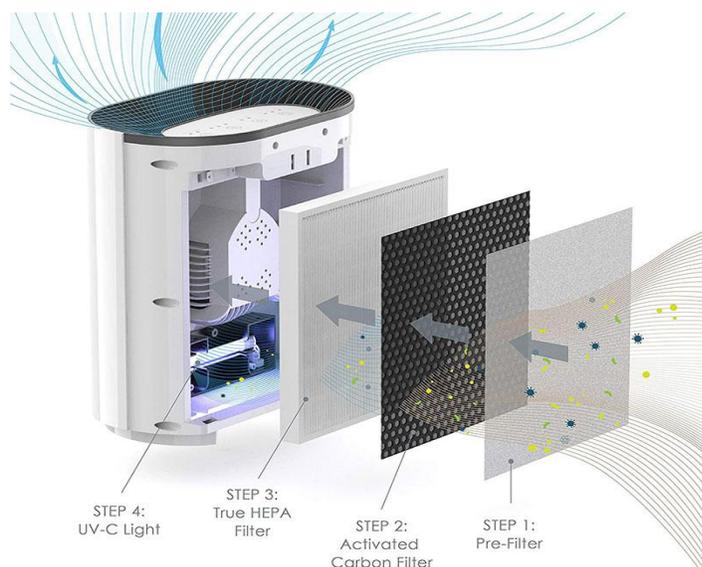
What are HEPA Air Filters?

HEPA stands for high-efficiency particulate air filter. This means that the air filter does a really good job at filtering out anything in the air that can be harmful to your body. HEPA filters remove dust, pollen, mold, germs, smoke, and anything other than air. After the air is filtered, you are left with clean, fresh air that will not harm your lungs or body.

Where can I use HEPA Air Filters?

HEPA Air Filters can be purchased for HVAC Systems and Vacuums. An efficient and popular way people filter air is with an air purifier. Air purifiers can be purchased with HEPA air filters and turned on all the time to constantly clean your air. Air purified through HEPA air filters can be helpful to anybody, but especially those who need extra support due to asthma, allergies, and other respiratory conditions.

Image of How an Air Purifier Works:



Below is a link and QR code to a video that explains how HEPA filters work.

Video: <https://www.youtube.com/watch?v=gYukEdX378w>

QR Code:



Sources:

<https://www.epa.gov/indoor-air-quality-iaq/what-hepa-filter#:~:text=HEPA%20is%20a%20type%20of%20pleated%20mechanical%20air,particles%20with%20a%20size%20of%200.3%20microns%20%28%C2%B5m%29.https://learnmetrics.com/how-do-air-purifiers-work/>

Home Exercises

Staying active is great for your health. You can do cardio exercises like walking up and down stairs or just walking outside. You can also do a home workout with items you have around your home, such as soup cans or water bottles.

Cardiovascular Activity: Walking up and down stairs can be a great lower-body exercise and will also get your heart pumping. Try walking up and down stairs or going on a walk outside. For an added challenge, you can hold soup cans in your hands. You can watch the video below by typing the URL into your phone or tablet or scanning the QR code!

URL: <https://www.youtube.com/watch?v=2CExlziGWMQ&t=1s>

QR Code:



Muscular Strengthening Activities:

Soup Can Bicep Curls:

URL: <https://www.youtube.com/watch?v=9l6vsbxHt4w>

QR Code:



Soup Can Arm Raises:

URL: <https://www.youtube.com/watch?v=u0vGW4WgvFs&t=2s>

QR Code:



Soup Can Overhead Press:

URL: <https://www.youtube.com/watch?v=2uQiwW-5Y7A&t=2s>

QR Code:



Home Safety Equipment

Smoke Alarms:

If there is a fire in your home, smoke alarms can alert you to the smoke by emitting loud beeping noises. This can decrease your chances of dying from a fire by 50%.

- **In your Home:** If you do not have smoke alarms, install one on every level of your home and outside each bedroom. If you already have smoke alarms in your home, you can check if they work by pressing the test button on the alarm. If the smoke alarm is not working, you can replace the battery. If the smoke alarm still does not work after replacing the battery, you can replace the whole alarm. The American Red Cross recommends replacing your fire alarms every ten years. You can test and vacuum the dust and cobwebs away monthly.

American Red Cross Informational Video:

- URL: <https://vimeo.com/267885776>
- QR Code:



Carbon Monoxide Alarms:

Carbon Monoxide is created when fuels such as natural gas, propane, oil, or methane do not burn all the way. This gas can be odorless, invisible, and colorless. It is poisonous and can kill a person if it is breathed in over a long period of time, such as overnight while sleeping.

- Make sure to install carbon monoxide alarms within your home on every level and outside sleeping areas
- If the carbon monoxide alarm sounds, move outside to an area with fresh air or by an open window or door if you cannot get outside.

How to Listen to Free Audiobooks on Libby, a program of your local Library

This Montana Disability and Health Linkage Program handout is about a program at your library called **Libby**. Libby can be used as a tool to help you borrow audiobooks to listen to on your phone, tablet, or computer. Listening to audiobooks can help you relax, and relaxing with an audiobook can be a great addition to a daytime or nighttime routine.

To learn about Libby, visit the Libby website at:

Website URL: <https://www.overdrive.com/apps/libby>

QR Code:



To get Libby, follow these three steps.

Step One: Get or use your library card

You will need a library card to use Libby. You can get a library card at the Missoula Public Library. Go in person and speak with any library staff member to get help.

Missoula Public Library

455 E Main, Missoula, MT 59802

Phone : 406-721-2665

Website URL: <https://www.missoulapubliclibrary.org/>

QR Code



Step Two: Download the Libby App

Go to the App Store on your phone or tablet, look up “Libby, by OverDrive” then download the app on your device.

This is what the app should look like in the app store:



URL to App Store Links: <https://www.overdrive.com/apps/libby?>

QR Code for Appstore Links:



Step Three: Get set up with Libby

Open the Libby app or website and follow the directions to log in with your library card. You will need your library card number to do this.

Step Four: Learn how to get audiobooks on the Libby app by watching this video.

QR Code:



Website URL: <https://www.youtube.com/watch?v=12KsPkIA3x8>

Step Five: Learn how to get books to read on your phone, tablet or device by watching this video:

QR Code:



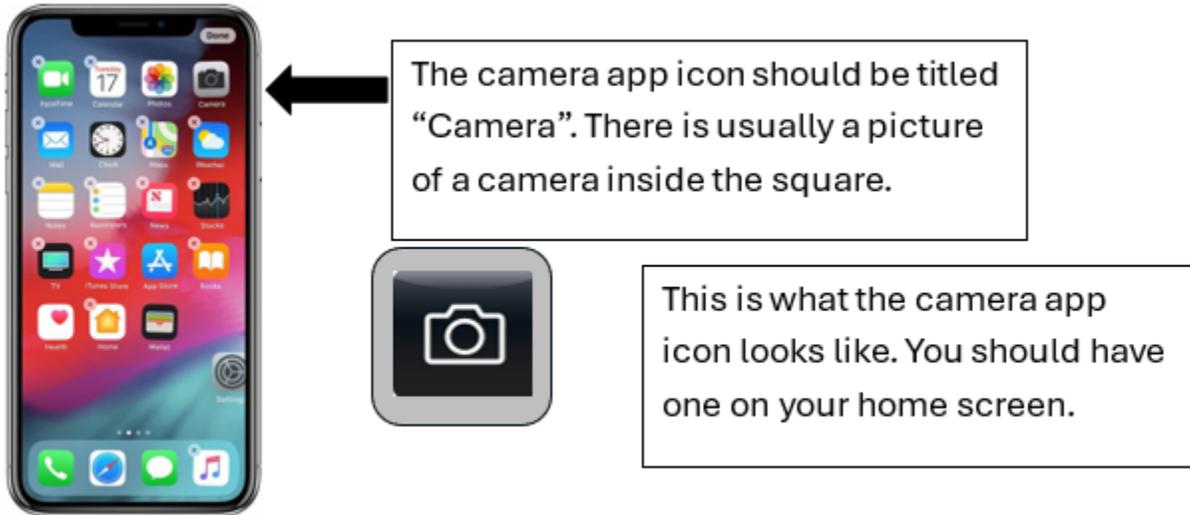
Website URL: <https://www.youtube.com/watch?v=12KsPkIA3x8>

Search for an audiobook to check out

After you have signed up, you can search for an audiobook to borrow right away, or you may need to place a hold and wait to borrow the audiobook. You can select 'audiobooks', then search for a book that you would like to borrow. You may need to place a hold on a book and wait a few weeks before the Libby app will alert you that it is ready to borrow.

How to Use a QR Code

Step 1: Open the camera app on your smartphone.



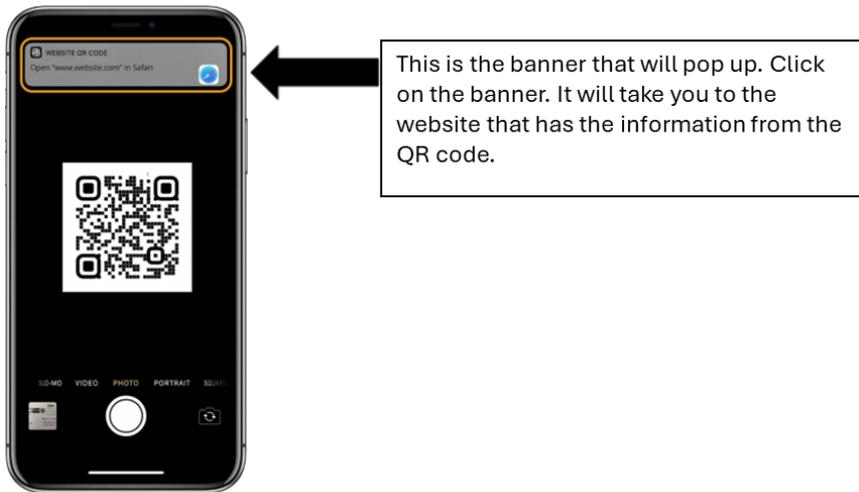
Step 2: Point your camera at the QR code, like you are trying to take a picture of it. Don't take the picture, just hover the phone over the QR code, keeping it in the middle of the screen.



Step 3: Tap on the QR code on the phone screen to scan and recognize QR code.



Step 4: Click on the banner that appears and access QR code information.



Step 5: Practice using a QR code.

You can practice using the QR code below. It will take you to a video on how to use QR codes.



Managing Asthma

Asthma is a condition that fills the airways in your lungs with mucus, which can make it hard to breathe and even lead to a life-threatening asthma attack. There are many ways to manage your asthma at home to help keep your symptoms under control.

Signs and Symptoms of Asthma

These are things your body might do if you have asthma

- You might cough a lot
- It might be hard to breathe at times
- You might feel tired or weak especially after moving around a lot

What can Trigger Asthma?

Triggers are things that can make your Asthma symptoms worse. Everyone has different triggers. Try your best to stay away from your triggers when you can.

- Dust, pollen, mold, or pet hair
- Smoke from cigarettes or fires
- Cold air or changes in weather
- Getting sick, like with a cold or the flu
- Exercise or moving around a lot
- Strong smells, like perfume or cleaning supplies
- Feeling stressed or worried

Managing Your Asthma Every Day

You can take steps every day to feel better and stay healthy

1. Take your medicine every day, just how your doctor says
2. Use your inhaler right away. Ask your doctor or nurse to show you how to use your inhaler
3. Keep your inhaler with you, especially when you go out
4. Avoid your triggers as much as possible
5. Rest when you need to
6. Tell someone if you're not feeling well

Asthma Flare Ups

Sometimes Asthma can suddenly get worse. This is called an Asthma flare up or an Asthma attack

Signs of a Flare Up

- It's really hard to breathe
- You're coughing a lot and can't stop
- You need your inhaler more than usual

What to do if you are experiencing an Asthma Flare Up

- Use your quick relief inhaler (rescue inhaler) right away
- Sit down and stay calm
- Tell someone you trust or call for help
- If it doesn't get better in a few minutes, go to the doctor or hospital right away

Track Your Asthma Symptoms at Home and Make Regular Check-In's with Your Doctor

Track how often you have symptoms like coughing, wheezing, or shortness of breath. If you have asthma, you should also schedule regular appointments with your doctor to monitor your symptoms. Asthma changes over time

Informational Video About How to Manage Asthma

QR Code:



URL: https://www.youtube.com/watch?v=zWosj66_-ol

Sources:

<https://www.mayoclinic.org/diseases-conditions/asthma/symptoms-causes/syc-20369653>

Managing High Blood Pressure

High blood pressure can increase your risk of health issues such as stroke, heart disease, and kidney disease. There are many ways to manage your blood pressure at home to help lower your chance of getting a high blood pressure-related disease.

Weight Management and Exercise

Blood pressure increases as weight increases. If you are overweight, losing even a small amount of weight can decrease your blood pressure. You can lose weight by choosing to eat healthy food and exercise. Exercising regularly can lower your blood pressure. Some exercises that can help lower your blood pressure include walking, jogging, cycling, swimming, and dancing.

Eat a Healthy Diet

Eating food that is low in saturated fat and cholesterol can lower high blood pressure. Food like whole grains, fruits, vegetables, and low-fat dairy products will help keep your diet balanced and healthy. Adding potassium to your diet can help lower your blood sugar. Food like bananas, avocados, potatoes, leafy greens, fish, chicken, beef, beans, dairy, and coconut water all contain potassium. Reducing salt and sodium in your diet can improve your heart health and blood pressure. Limiting your sodium intake to 1,500mg daily can help decrease your blood pressure. Reading food labels and eating less processed foods will help you eat less sodium.

Healthy Habits

Limiting alcohol to two drinks per day in men can help lower your blood pressure. Smoking raises blood pressure, so quitting smoking can lower the risk of heart disease and improve overall health. Getting a good night's sleep (7-9 hours every night) can improve your blood pressure. Getting less than 7 hours of sleep a night can lead to conditions like sleep apnea or insomnia. If you want to get better sleep, try sticking to a sleeping schedule by going to bed and waking up at the same time every day. Create a restful space that is dark and cool. Before bed, dim your lights an hour before bedtime, and limit screen time.

Ease Your Stress

Long-term stress can affect your health and raise your blood pressure. Try focusing on issues that you can control and make plans to solve them. Stay away from stress triggers

and make time to relax. Don't try to do too much; plan and focus on the things that are important.

Track Your Blood Pressure at Home and Make Regular Check-In's with Your Doctor

You can check your blood pressure at home to make sure your medications and lifestyle changes are working. You can talk to your doctor about checking your blood pressure at home. If you have high blood pressure, you should also schedule regular appointments with your doctor to monitor your blood pressure and health.

Informational Video About How to Maintain High Blood Pressure

QR Code (Instruction on how to use a QR code is located on a separate sheet within this packet):



URL: <https://www.youtube.com/watch?v=XbLmloyDJuE&t=177s>

Sources:

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>

Managing High Cholesterol

High cholesterol can increase your risk of health issues such as stroke, heart disease, and chest pain. There are many ways to manage your cholesterol levels at home to help lower your chance of getting a high cholesterol-related disease.

Eat a Healthy Diet

Blood pressure increases as weight increases. If you are overweight, losing even a small amount of weight can decrease your blood pressure. You can lose weight by choosing to eat healthy food and exercise. Exercising regularly can lower your blood pressure. Some exercises that can help lower your blood pressure include walking, jogging, cycling, swimming, and dancing.

Limit the Amount of Saturated and Trans Fat you Eat

Eating food that is low in saturated fat and low in trans-fat can lower your cholesterol levels. Saturated and trans-fat are found in fatty cuts of meat and full fat dairy products. Instead, choose to eat foods with healthy fats such as fatty or oily fish, nuts, and olive (or canola) oil. Eating food that is lean protein, fruits, vegetables and whole grains. Limit sodium and added sugar.

Exercise More

Limiting alcohol to two drinks per day in men can help lower your blood pressure. Smoking raises blood pressure, so quitting smoking can lower the risk of heart disease and improve overall health. Getting a good night's sleep (7-9 hours every night) can improve your blood pressure. Getting less than 7 hours of sleep a night can lead to conditions like sleep apnea or insomnia. If you want to get better sleep, try sticking to a sleeping schedule by going to bed and waking up at the same time every day. Create a restful space that is dark and cool. Before bed, dim your lights an hour before bedtime, and limit screen time.

Informational Video About How to Manage High Cholesterol

QR Code (Instruction on how to use a QR code is located on a separate sheet within this packet):



URL: <https://www.youtube.com/watch?v=CZa8mmJ7ZD8>

Sources:

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/diagnosis-treatment/drc-20350806>

Online Yoga Resources

Try yoga from home by watching videos and following along with the instructors.

Yoga is a healthy activity that can make us feel good. You can practice yoga in your own home, by yourself, or with a friend. There is a QR code below to link you to a video to follow along with.

QR Code:



Link to the video:

<https://tinyurl.com/y8n4t4jp>

More Information about the Benefits of Yoga:

Yoga can help your mind and body relax. When you practice yoga, you can work on taking deep breaths. This can help your body relax and may help if you are feeling anxious or overwhelmed.

You can learn more about yoga by visiting the National Center on Health, Physical Activity, and Disability's webpage, which talks about the benefits of yoga.

QR Code:



Link to the Video:

<https://tinyurl.com/yc67umd4>

Smart911 Information

How Does Smart911 Work?

Smart911 allows people to provide information that 9-1-1 call takers may need in order to assist them during an emergency. When you dial 9-1-1, the information may be limited, depending on what phone you are calling from. With Smart911, anytime you make an emergency call from a phone registered with your Safety Profile, the 9-1-1 system recognizes your phone number and automatically displays your profile on the screen of the call taker who receives your call. This can be helpful when you call 9-1-1 and are panicked or unable to communicate verbally for any reason.

How to Sign Up:

Visit the Smart911 website by following the URL below or scanning the QR code.

Website: <https://smart911.com/>

QR Code:

(If you do not know how to use a QR code, information on how to do so is included on a separate page within this envelope)



After visiting the website, you can select the 'Sign Up' option, and it will take you through the process to set up your account.

Strokes in Children

The risk of a child having a stroke is the highest in their first year of life.

What Are the Risk Factors for Strokes in Children?

Infections, inflammation, blood vessel disorders, and congenital heart problems can trigger strokes in children.

What Types of Strokes Can Occur in Children?

Ischemic Stroke:

Ischemic Strokes happen when there is a blockage that keeps blood from flowing to all the parts of your brain.

Hemorrhagic Stroke:

Hemorrhagic Strokes happen when there is bleeding in the brain. When there is bleeding in the brain, it cannot get the oxygen it needs to function. Brain bleeds can be life-threatening and cause permanent brain damage.

What Happens After a Child Has a Stroke?

Every child who has a stroke recovers differently. Usually, a child who suffers a stroke works with a medical team afterward toward rehabilitation.

The medical team can include:

- Neurologists
- Cardiologists
- Hematologists
- Neurosurgeons
- Physical therapists
- Speech-language pathologists
- Occupational therapists

Informational Video About Pediatric Strokes:

URL: <https://www.youtube.com/watch?v=QdaT3z2ulul>

QR Code:



Source: <https://my.clevelandclinic.org/health/diseases/pediatric-stroke>

Doctor Visit

Directions: Use this form to remind you about the questions you have for your doctor

Date of Appointment:

Doctor's Name:

Before Your Visit:

1. Reason for this visit:
2. How long has this been going on?
3. What makes it better/worse?
4. What have you tried so far?

Notes From Your Appointment:

Treat Tracker

It's okay to have a treat!

Goal: Try to limit junk food to once a day. On the day that you only have one treat or none, place a sticker on the day. Try to get five days a week!



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 17	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 20	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 22	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 24	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 25	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 27	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 28	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Physical Activity Tracker

Goal: Be physically active for 30 minutes or more for 3 days a week!

Instructions: Add a sticker on the calendar on the day you exercised!



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 17	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 20	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 22	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 24	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 25	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 27	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 28	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 29	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Instructions: Add a sticker on the calendar on the days you take a short walk before bed!

Goal: Take a walk before bed. This can help you feel and sleep better. You can track your steps during your walks if you are curious about how many steps you take!



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 17	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 20	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 21	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 22	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 23	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 24	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 25	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 26	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 27	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 28	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 29	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 30	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday