



Track Changes

"So let us not grow weary in doing what is right, for we will reap at harvest-time, if we do not give up." Galatians 6:9 (NRSV)

Keeping track of what is eaten and personal physical activity helps chart progress, set goals, identify improvement areas and become more aware of behavior. Really understanding and being aware of behavior is a first step toward change. Research has shown that people who keep track of personal behavior are more likely to change that behavior. A person is less likely to eat an extra piece of cake or to skip daily physical activity if behaviors are logged! So, why not track fruits and veggies eaten or minutes of daily physical activity? This log may reveal surprises, recording amazing personal change!

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation's Health & Wellness liaison.

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