

FIVE TO THRIVE

1. Healthy Eating
2. Meaningful Movement
3. Stay Positive
4. Connect with Community
5. De-Stress



My Personal Record

Date	Blood Pressure	Min(s) of Exercise	Sleep Rating (1-5)	Waist to Hip Ratio

*Sleep Rating Scale: 1 = No sleep, 5 = Well Rested

**Waist to Hip Ratio: Waist measurement divided by hip measurement

Check with your healthcare professional for the numbers that are right for you