

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