­­Looking after your physical health

Are you getting the sleep, food and exercise you need to be your best at work? This worksheet helps you track your habits.

Fill it in at the end of the day, making brief notes about anything that might be important. If you’re trying hard to look after yourself but struggling, see if you can find any patterns. For example, if you can’t sleep, is it because you’re exercising too close to bedtime? If you’re not eating well some days, are those the days that you’re having lunch with people who grab fast food?

You can use the worksheet for either of these things:

* Use it to start a new habit. Habits take 14 days to develop.
* Use it to keep track of your current behaviour and see where you can improve.

You don’t have to work on all three things – sleep, food and exercise - at once. If you want to, great! But if three things feel overwhelming, pick one thing to focus on and leave the other two until you’re ready.

|  | How much sleep did you have last night? | Did you eat well today? | Did you exercise today? |
| --- | --- | --- | --- |
|  | Aim to sleep about 7 hours a night in summer and 9 hours in winter | Aim to eat a variety of food, mostly unprocessed, and plenty of fruit and veges | Aim to:   * do low-level exercise every day * do harder exercise for 20 minutes, two to three times a week * do some lifting twice a week |
| Day 1 |  |  |  |
| Day 2 |  |  |  |
| Day 3 |  |  |  |
| Day 4 |  |  |  |
| Day 5 |  |  |  |
| Day 6 |  |  |  |
| Day 7 |  |  |  |
| Day 8 |  |  |  |
| Day 9 |  |  |  |
| Day 10 |  |  |  |
| Day 11 |  |  |  |
| Day 12 |  |  |  |
| Day 13 |  |  |  |
| Day 14 |  |  |  |