



Healthy Habits Reflection Mat



Name: _____ Date: _____ Week of: _____

1. My Healthy Habits

What healthy habits are important to you?

 Eat Well	
 Drink Water	
 Move My Body	
 Sleep Well	
 Manage Stress	
 Connect with Others	

2. How am I doing?

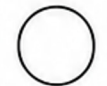
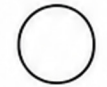
Rate yourself for each habit.

Not yet

Sometimes

Often

Always



3. What's Going Well?

What healthy habits are you doing well?
Give examples.



4. What Can I Improve?

What is one healthy habit you want to work on? What will you do?



5. My Plan

My goal: _____

Steps I will take:

1

2

3



I choose healthy habits because... _____



I am strong!