

## Homework

## Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Notes

## MOVING IN EVERY DIRECTION

- Remember your Exercise Resource guide from the 'Movement is Medicine'
- There are many fun ways to explore activity, including:
  - Dancing of all sorts
  - Zumba
  - Boot Camp classes
  - Other...
- Having a friend join you is a great way to try out something new