

HOURS

OF SLEEP

SLEEP

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OWNING MY OWN READINESS

Better In Bavaria

FITNESS

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ACTIVE DAYS

ACTIVE MINUTES

NUTRITION GOALS:

Include the following items in your diet at least four times per week

- Fruits and vegetables
- Whole grain foods
- Lean protein/seafood
- Low-fat or fat-free dairy items
- Water in place of sugar-based drinks
- Limit saturated fat, sodium, added sugars and alcohol consumption

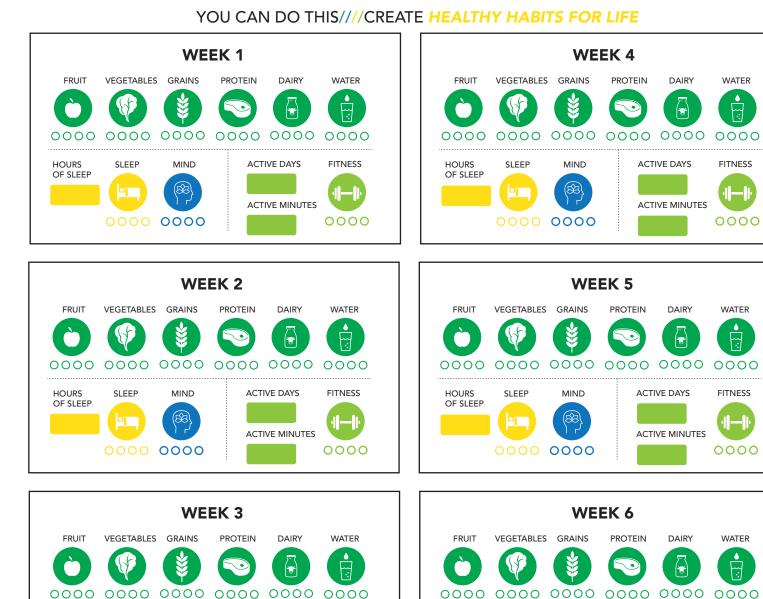
SLEEP GOAL:

Stick to a sleep schedule at least four times per week **MIND GOAL:**

Identify a relaxing activity you enjoy such as reading, journaling, listening to music, meditation, creative exploration or relax with this activity at least four times a week

FITNESS GOAL:

Work out at least four times a week for a combined total of 180 minutes



VISIT GRAFENWOEHR.ARMYMWR.COM FOR MORE DETAILS

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