



MyCognition**PRO**

Healthy Habits

The Resource Toolkit



# Building Healthy Habits

1. The first domain I want to improve is...

- 

2. The reason is...

- 
- 

3. The first habit I want to change or install is...

- 

4. How I could do that is by...

- 
- 
- 
- 

5. I would know when I've successfully installed the habit when...

- 
- 
-

# 3R's of Habit Building

**1. Reminders:**

**What cues can you use to remind you to start your new routine?**

- 
- 
- 

**2. Routine:**

**What are the actions / routine you want to follow?**

- 
- 
- 

**3. Rewards:**

**What positive benefits / rewards can you give yourself after your routine?**

- 
- 
- 

**4. What are the negative consequences of not completing your routine?**

- 
- 
-

# Healthy Habits Review

1. What positive cues / triggers helped you the most with your habits?

- 
- 
- 

2. What didn't work in implementing the habits?

- 
- 
- 

3. How have you dealt with challenges or setbacks implementing your habits?

- 
- 
- 

4. How will you continue to build upon your habits for next week / month?

- 
- 
-

# Activity & Exercise Log

<b>Day of the week:</b>	<b>Time of day:</b> <i>1pm/13:00hrs or Morning/Afternoon/ Evening</i>	<b>Activity:</b>	<b>Duration:</b>	<b>Notes:</b> <i>What improvements could you make/ what are your next goals?</i>

# Event Planner

<b>Event Name:</b>	<b>Outline of Event:</b> <i>Describe and outline your event</i>		
<b>Event Date:</b>	<b>Checklist:</b> <i>Create a checklist of everything you need to get done before the event, and when each task needs to be completed by</i>	<b>Complete by:</b>	<b>Invite List:</b>
<b>Time:</b>			
<b>Location:</b>			
<b>Travel Arrangements:</b>			

# Holiday Planner

<b>Destination(s):</b>	<b>Travel Arrangements:</b> <i>What travel arrangements do you need to make before you go?</i>	<b>Activities:</b> <i>What are your plans? Outline your options or structure an itinerary</i>
<b>When:</b>		
<b>Travel Checklist:</b> <i>Create a checklist of everything you need to organise before you travel.</i>		
<b>How long for:</b>		
<b>Budgeting:</b> <i>Outline a budget for yourself</i>	<b>Accommodation:</b> <i>Outline all your accomodation details with full addresses &amp; List any essential numbers.</i>	<b>Packing Checklist:</b> <i>What items do you need to remember to take with you?</i>

# Hydration Tracker

<b>Day of the week</b> <i>Tick boxes below if you brought a bottle</i>	<b>No. of Glasses / Bottles</b>	<b>Reflection</b> <i>e.g. concentraion levels, mood, thirst, energy levels?</i>
<b>Monday:</b> <input checked="" type="checkbox"/>		
<b>Tuesday:</b>		
<b>Wednesday:</b>		
<b>Thursday:</b>		
<b>Friday:</b>		
<b>Saturday:</b>		
<b>Sunday:</b>		

<b>Cues:</b> <i>e.g. what prompts can you set yourself to drink more?</i>



# Nutrition Planner & Food Diary

*Plan your weekly meals, including healthy brain snacks, and log your progress.  
Identify days, times, and triggers where you can replace bad foods with healthier options.*

Day of the week:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Breakfast:							
Mid-Morning:							
Lunch:							
Mid-Afternoon:							
Evening:							
Supper:							

# Sleep Diary

	Example	Date	Date	Date	Date	Date	Date	Date	
	Tues 14 Mar								Mean
Time spent napping during the day:	20 mins								
Amount of medication or alcohol:	5 units								
Bed time:	11:30								
Lights out time:	00:30								
Time taken to fall asleep:	40 mins								
Number of times you woke up:	3								
Cause(s) for wake up:	restlessness								
Amount of time awake in the night:	60 mins								
Last/Final wake up time:	6:30								
Time you got up:	7:00								
Quality of Sleep: (0=very poor / 10=very good)	2								
Time in Bed (TIB)	7hrs 30mins								
Total Sleep Time (TST)	4hrs 20mins								
Sleep Efficiency: TST / TIB x 100	$4.2 / 7.3 = 58\%$								

# Sleep Efficiency Calculator

## Total Sleep Time (hours)

Hours	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
3	100														
3.5	86	100													
4	75	88	100												
4.5	67	78	89	100											
5	60	70	80	90	100										
5.5	55	64	73	82	91	100									
6	50	58	67	75	83	92	100								
6.5	45	54	62	69	77	85	92	100							
7	43	50	57	64	71	79	86	93	100						
7.5	40	47	53	60	67	73	80	87	93	100					
8	37	44	50	56	63	69	75	81	88	94	100				
8.5	35	41	47	53	59	65	71	76	82	88	94	100			
9	33	39	44	50	56	61	67	72	78	83	89	94	100		
9.5	32	37	42	47	53	58	63	68	74	79	84	89	95	100	
10	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

Sleep Efficiency %

Time in Bed (hours)

