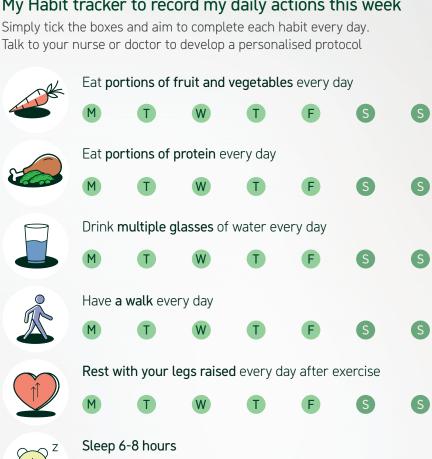
## Set your goals and track your habits

Use this space to write down your priorities; like feeling more comfortable, moving more, or sleep better.

## My Habit tracker to record my daily actions this week

Talk to your nurse or doctor to develop a personalised protocol





## Celebrate your progress

Look back at all your completed activities and feel proud of each one.

## My Habit tracker to record my daily actions this week

Simply tick the boxes and aim to complete each habit every day. Talk to your nurse or doctor to develop a personalised protocol



Eat portions of fruit and vegetables every day

















Eat portions of protein every day













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Drink multiple glasses of water every day













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Have **a walk** every day













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Rest with your legs raised every day after exercise

















Sleep 6-8 hours













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