

Set your goals and track your habits

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

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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

M T W T F S S



Eat portions of protein every day

M T W T F S S



Drink multiple glasses of water every day

M T W T F S S



Have a walk every day

M T W T F S S



Rest with your legs raised every day after exercise

M T W T F S S



Sleep 6-8 hours

M T W T F S S

Celebrate your progress

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

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