

# Mind Your H.E.N.S.



Work with your parents and your coaches to track and work through your Mind Your H.E.N.S. journal pages. Finding out what works best for you is key because we are all individual. Tracking this on a regular basis can be very helpful and eye opening. Keep your workbook on your coffee table or workspace area—somewhere that isn't in the way but will be a reminder for you to fill it out. If you miss a day or two just go back and do your best at remembering what you did and mark it down. Once you get some good habits going you can just check in every once in awhile to see how you are doing and if you still have good habits in place.

**HYDRATION:** Drink lots of water throughout the day – EVERYDAY. Avoid guzzling as it will end up sloshing around in your belly and isn't very comfortable. So sipping throughout the day is best to allow your body to absorb the liquid. Remember that we can go weeks without food but only days without water. Approximately 55 – 60% of our body weight is made up of water. A general rule of thumb for children 4—6 cups of water throughout the day. Pop, coffee, juice does not count! Mark down how many cups you have throughout each day of the week.

**EXERCISE:** Get moving! Make stretching and exercise a part of EACH day. For each 15 minutes of moving about mark a notch on your exercise section. If you run around and play at recess you can mark that down, sports activities, walking home from school, playing tag etc. (If you stand or sit around at recess then that doesn't count!) If you have been sitting in class for a long time or watching a movie then get up and stretch when it is appropriate. Go for a walk, enjoy nature when you can. Exercise, stretching and moving your body will help you with your energy levels, ability to focus, improve your mood and help you sleep better.

**NUTRITION:** Eat well to nourish your body AND your brain. Regularly eating breakfast, lunch, dinner and having healthy snacks is important for you to have happy, healthy days. Being properly fueled affects your mood, energy levels and ability to learn, concentrate and focus. Your body requires regular nourishment in order to function at its best so it is good to develop good nutrition habits all year round as it effects everything from your physical, mental, and emotional wellbeing. Learn to listen to your body and know when you are hungry. Whenever you have a nice healthy meal or snack—mark down a happy face. When you have something not so healthy and more of a junk or fun food—mark down a bleh or not so happy face. Having fun and fast food is ok sometimes so don't feel bad about it or make anyone feel bad about it. We are just working towards having more happy faces and healthy food choices to allow us to be at our best.

**SLEEP:** Enjoy regular, quality routine sleep. How is your sleep space? Is it comfy and cozy? For leaders like you the ideal target range for sleep is 9—12 hours. Every one is a bit different so you will need to listen to your body and notice your mood and energy levels when you mark down your hours of sleep. Lack of sleep can affect every aspect of your day. Too much sleep can also make you foggy and lethargic—so sleeping til 12 noon on the weekends may not help with things. Creating a nighttime routine for yourself can do wonders. Talk to your family and come up with a routine that will work for everyone. Going to bed around the same time every night and waking up at close to the same time in the morning will help with having good night's sleeps.

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## 7 Day TAKE CHARGE! Journal

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	SUN	MON	TUE	WED	THU	FRI	SAT
<b>H</b> YDRATION TARGET:							
<b>E</b> XERCISE TARGET:							
<b>N</b> UTRITION TARGET:							
<b>S</b> LEEP TARGET:							