

Rx

PATIENT'S NAME

TODAY'S DATE

BIRTH DATE

DOCTOR'S INITIALS

EXERCISE — just for today

- Walk one minute every day. Each week add one minute to your walk.
- Park your car one parking space farther than the nearest available parking spot. Graduate to 2 parking spaces farther each week until you are at the farthest corner.
- Once a day, take the stairs instead of the elevator up and down one floor. After one week, progress to twice daily, etc.
- Other: _____

NUTRITION — just for today

- Drink one more glass of water per day. As soon as you get up is best.
- Refrain from snacking after supper.
- Drink one less cup of coffee per day.
- Eat one portion-controlled meal per day. Contact Café Louise and try their Heart Healthy menu (860-561-0160).
- Other: _____

STRESS MANAGEMENT — just for today

- Each day schedule and take 5 minutes of down-time, resting mind and body. This means sitting or lying down; try reading something entertaining or talking with a caring friend.
- Breathe deeply through your nostrils so you can feel the sensation of one inhalation and exhalation.
- Take one power nap per week of between 2 and 30 minutes. Progress to 2 naps per week, etc.
- Get to sleep 10 min. earlier for one month. Progress to 20 min. earlier the second month, etc.
- Other: _____

OTHER — just for today



PRESCRIPTION FOR SUCCESS

From all the choices at the left simply check off one (and only one) “right-sized step” and share it with your doctor. A right-sized step is an activity that is so small that you cannot fail to accomplish it. Use the accountability calendar on the back to document your progress at home; **bring it with you to your next office visit.**



Wellness Works *It's habit forming.*

860-231-9080

YOUR ACCOUNTABILITY CALENDAR OF PROGRESS

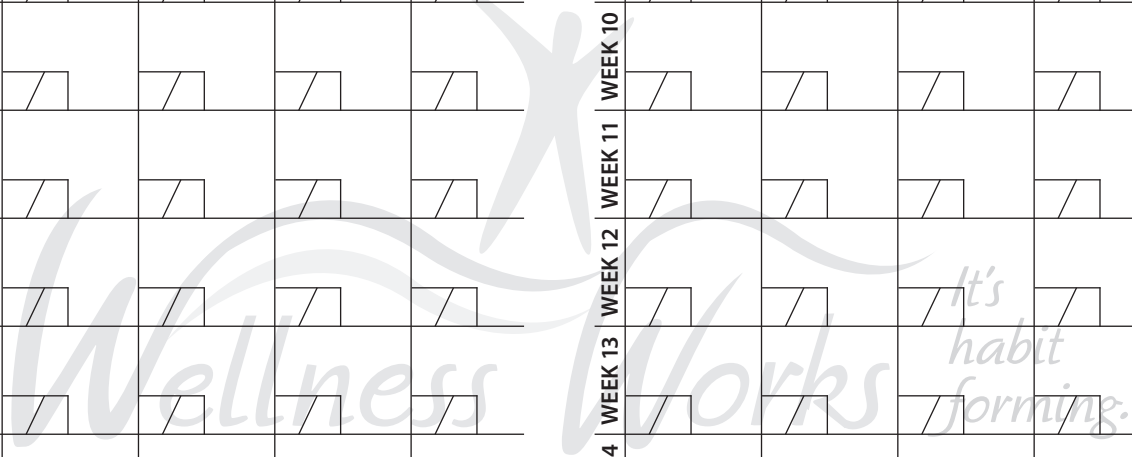
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
sample	X 3/8	X 3/9	X 3/10	X 3/11	X 3/12	X 3/13	X 3/14

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	/	/	/	/	/	/	/
WEEK 2	/	/	/	/	/	/	/
WEEK 3	/	/	/	/	/	/	/
WEEK 4	/	/	/	/	/	/	/
WEEK 5	/	/	/	/	/	/	/
WEEK 6	/	/	/	/	/	/	/
WEEK 7	/	/	/	/	/	/	/
WEEK 8	/	/	/	/	/	/	/

DIRECTIONS: Fill in the date in the lower left corner of the appropriate square below. Place an **X** on each day that you successfully complete your right-sized step. (See sample week at left.) For more advanced use and free downloads, log on to www.wellnessworksct.com and click on Patient Support. Bring this calendar with you to your next doctor's appointment.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 9	/	/	/	/	/	/	/
WEEK 10	/	/	/	/	/	/	/
WEEK 11	/	/	/	/	/	/	/
WEEK 12	/	/	/	/	/	/	/
WEEK 13	/	/	/	/	/	/	/
WEEK 14	/	/	/	/	/	/	/
WEEK 15	/	/	/	/	/	/	/
WEEK 16	/	/	/	/	/	/	/



So Your Doctor Wants You to Make Some Changes...

There is no "trying" of exercise, diet changes or stress reduction. There is either doing it or not doing it. The human organism responds miraculously to any "right-sized step" in these areas, automatically and painlessly preparing it for a next, more advanced step. The next steps are as easy to accomplish as the first one was. Example: walk for one minute per day. Each week add one more minute to your daily walk. In one year you've painlessly built up to a 52-minute daily walking habit, and you would be in the top 5% nationwide for daily aerobic activity. The principle at work is "progress, not perfection." The one additional crucial element: Accountability. This is accomplished using the accountability calendar above, in partnership with your doctor. **So start today!**



The "Power of One": Choosing one habit at a time, and mastering it... adding one increment at a time and mastering that before adding more... approaching it one day at a time... there's a lot of power in the idea of "One." Remember, you can't "cram" for farming. To expect a harvest, it's got to be approached one well-done task at a time, one day at a time, never giving up. You'll keep the difficulty out of it by doing it this way.

Let Us Help, We're the Habit Forming People!

Now it's time for you to begin. Remember the key elements: right-sized steps, one habit at a time, and monitor your progress on the calendar. If we can be of additional help, please contact us, we offer free, inexpensive and a little more.

FREE: Visit our website at www.wellnessworksct.com to get more input on right-sized steps, habit-forming ideas and strategies and read the testimonials. Read our blog! It's updated regularly.

INEXPENSIVE: Join a group exercise class. Classes are forming now.

A LITTLE MORE: Engage with a personal trainer or exercise therapist.