



"Health Counts" Card *Example A*

Health Goal: Include more fiber Week Of: 1/18/06
 Units Per Bead: 2 grams of fiber Target Bead Count: 12
mm/dd/yyyy

Day-of-Week	Target Bead Count	Actual Bead Count* <small>(Mark A Star If Target Has Been Met)</small>	Notes
Monday	12	10	Apple at breakfast and lunch
Tuesday	12	★	Fiber supplement at breakfast
Wednesday	12	8	
Thursday	12	★	Added flaxseed to oatmeal
Friday	12	6	
Saturday	12	8	
Sunday	12	10	

*Record Daily Bead Count Once Before Bed

Positive/Healthy Changes I've Made This Week: Tried Yoga, switched from white rice to brown, walked 30 minutes 3 times this week during lunch hour!

Visit www.countmehealthyjewelry.com for more information

Cut Here -----

"Health Counts" Card *Example B*



Health Goal: Drink more water!! Week Of: 1/18/06
 Units Per Bead: 8oz. of water Target Bead Count: 8-9
mm/dd/yyyy

Day-of-Week	Target Bead Count	Actual Bead Count* <small>(Mark A Star If Target Has Been Met)</small>	Notes
Monday	8	7	Drank 2 bottles during errands
Tuesday	8	★	Replaced water for diet drink
Wednesday	8	6	
Thursday	8	★	
Friday	8	7	Removed sweet tea from fridge
Saturday	8	6	
Sunday	8	7	

*Record Daily Bead Count Once Before Bed

Positive/Healthy Changes I've Made This Week: Cleaned out pantry, bought purifier for faucet, wrote card to old friend

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