

**Open your class with this tomorrow**  
***Eat, Move, Sleep***

**Directions:** Dan Rath recommends slowly implementing the changes suggested in *Eat, Sleep, Move*. In this activity, students will have an opportunity to implement 1 strategy from each of his three components, for one week. The following week the second set of strategies will be implemented, and in the third week the next set and in the final week the fourth set of strategies. Rath indicates that keeping track of one's eating, moving, and sleeping habits will help individuals stay on track to improve in each area. The following chart will help students keep track of each of the three categories.

Before beginning, select four recommendations for each category to implement in the next month. Use one chart for each week, and of course all of these can continue beyond the four week period. Rath indicates that once a given behavior has occurred for 30 days, it is more likely to continue, and completing the chart should be a good start.

Another variation of this activity can be found on the Eat, Move, Sleep website: <http://www.eatmovesleep.org/wp-content/uploads/2013/08/EMSFIRST30DaysChallenge.pdf>, this will walk you through a specific plan for 30 days.

EAT	SLEEP	MOVE
Recommendation to be implemented	Recommendation to be implemented	Recommendation to be implemented

	EAT	SLEEP	MOVE
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

