

# Staying on Track

Create a cystic fibrosis (CF) routine that works with your life. Use this journal to track your nutrition, fitness, mood, sleep, and more.



# How to Use This Journal

This journal is intended to help you stay on track with different parts of your routine. Type directly into the PDF or print out copies of any pages you plan to use the most by selecting specific pages in your print settings.

If you're using the interactive PDF, remember to save your filled-out journal pages to track your progress.

Everyone's CF routine is going to look different. Always check with your care team to see what's right for you before changing your diet or starting a new fitness plan.



## Meals

We make a lot of decisions about the food we eat every day. Plan your meals ahead of time and record what you ate throughout the week to keep track of your choices and how they made you feel. Find some [meal planning tricks](#) and [recipe ideas](#) to get started.



## Mood

Tracking your mood is one way to help maintain a healthy mindset. Select the icon that best reflects how you're feeling each day and take note of patterns throughout the month. Struggling in this department? Get [tips to manage stress](#).



## Movement

Set aside time each day to make physical activity a part of your routine. Jot down what exercises you did and how long you spent working out. Read about [different activities](#) that might be beneficial.



## Sleep

Lack of sleep can sometimes affect our health and our mood. Track the quality and duration of your sleep each night to make sure you're getting enough rest. Plus, get tips on [how to wind down](#).



## Self Care

When you have a lot on your plate, it can be hard to think about prioritizing acts of self care that are just for fun. Fill out a menu of activities that you can easily return to whenever you need a boost across different areas of your life.



## Daily Tasks

Your CF routine may involve certain tasks and treatments you have to do every single day. Work with your care team to map the details of your treatments out ahead of time and organize them in a checklist to help you stay consistent.



## Reflections

Take a moment to reflect on journal prompts about your diet, workouts, mood, sleep, and other little moments you're grateful for.



# Meal & Grocery Planner

Having a plan going into the week can help you make more intentional meal choices day to day. You can also ensure you're prepared with the ingredients you need by creating a grocery list. If your meal plan is stuck in a rut, check out these [recipes](#) and try something new.

## Meal plan for the week of:

	Breakfast	Lunch	Dinner	Snack/Drinks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



## Grocery list

Consider creating your grocery list based on different sections of the grocery store so that it's easier for you to check off items as you move through the aisles.

Produce:

☐  
☐  
☐  
☐  
☐

Pantry:

☐  
☐  
☐  
☐  
☐

Refrigerated:

☐  
☐  
☐  
☐  
☐

Frozen:

☐  
☐  
☐  
☐  
☐

Bakery:

☐  
☐  
☐  
☐  
☐

Other:

☐  
☐  
☐  
☐  
☐

# Keep on Tracking

How is your routine supporting you throughout the week, and where could you make improvements? Track your meals, movement, and more to get a feel for what's working.

Week of:



## How'd your meals make you feel?

**Breakfast:**

**Lunch:**

**Dinner:**

**Snacks & Drinks:**

## How'd you snooze?

**Quality:**

**Duration:**

## Did you make time for movement?

**Exercise:**

**Duration:**



# Daily Essentials

There may be certain tasks and habits that you have to complete every day to maintain proper hygiene (like cleaning your devices) and to follow your care plan as instructed by your doctor (like taking medications). Stay consistent with essential parts of your routine using this checklist.


**Week of:**

[illegible]

# CF Treatment Planner

It's important to understand how and when to take all your CF treatments throughout the day. Work with your care team to fill out the sections below.

Week of:



	Time	Dose	Frequency per day	Notes
Airway Clearance Exercises				
Medicines (antibiotics, CF treatments, inhaled medicines)				
Enzymes and Vitamins				
Other				

# Self Care Menu

Doing activities you enjoy and that help you feel balanced and motivated is also incredibly important for your well-being! Make self care easy for yourself by creating a menu of activities that can give you a boost across different areas of your life. Then, try to choose at least 1 item from your menu every day.

**Customize your self care menu by adding your own ideas below.**









	Physical	Emotional	Social	Creative
5 minutes	Drink water	Meditate	Text a friend	Draw a doodle
30 minutes	Go on a walk	Journal	Call someone	Practice a hobby
1 hour	Do a yoga flow	Limit screen time	Join a virtual event	Read a book
Half or full day	Explore the outdoors	Take a day off	Day trip with a pal	Solve a puzzle



# Mood Chart

Notice how your mood changes throughout the month by marking how you feel each day and looking for patterns throughout the month.



	 Excited	 Happy	 Neutral	 Sad	 Angry	 Stressed
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
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18						
19						
20						
21						
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24						
25						
26						
27						
28						
29						
30						
31						

# Reflections

Week of:



## Meals

What foods do you tend to eat the most often?

Did you notice you felt different eating certain foods compared to others?

## Sleep

What factors affected your sleep quality and/or duration this week?

How can you make changes to your bedtime rituals to get a better night's rest?

## Mood

What factors affected your mood this week?

What steps could you take to help maintain a healthy mindset next week?

# Reflections (cont.)

Week of:



## Movement

**Which exercises do you enjoy the most, and which are the most challenging?**

**When do you find it easiest to exercise and why?**

## Treatments

**Was it easy or difficult to stay consistent with your treatments this week? What factors made it that way? Remember, if you're struggling to stick to your care plan, you can always reach out to your care team for helpful suggestions!**

**What changes can you make to prioritize treatment time?**



# Everyday Gratitude

Practicing gratitude can have significant benefits for your well-being, so consider making it part of your daily routine.

Week of:



**Favorite song you heard:**

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**Tastiest meal you ate:**

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**Something you're proud of yourself for:**

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**Most interesting thing you learned:**

---



**Act of kindness that meant the most to you:**

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**Biggest laugh you had:**

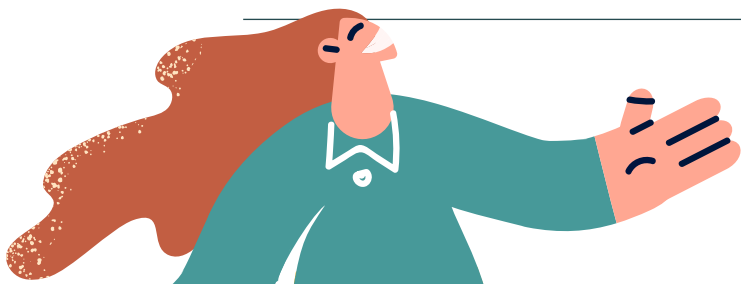
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**What else are you grateful for?**

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# A Few More Tips Before You Go!

Remember, everyone's experience with CF is different. Always consult with your care team to see what's right for you before making changes to your routine.

## Keeping your meals delicious and nutritious

Consider these healthier fat alternatives:



Instead of **bacon**



Try **turkey bacon**



Instead of **butter**



Try **avocado oil**



Instead of **red meat**



Try **tofu**



Instead of **chips**



Try **salted almonds**

Looking for cooking inspiration?

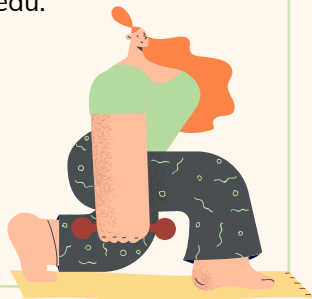
Check out these [mouthwatering recipes](#).



## Fitting in fitness

If you're short on time, interval training may be a great way to fit in a workout. Combine bursts of exercise with brief rests, then repeat.

For an example of an at-home interval training workout, [watch this session](#) led by licensed physical therapist Lena Rabideau.



## Following a bedtime ritual

Establishing habits around rest could help you get a better night's sleep. Try these tips for a satisfying snooze:

- Make sure your bedroom is quiet, dark, and at a comfortable temperature
- Remove electronic devices from the bedroom
- Consistency is key: Go to bed at the same time each night



## Sticking with treatments

Having trouble remembering to take and refill your treatments? Try setting phone reminders to keep it top of mind or find an accountability buddy who you can trust to help you stay consistent.





