



STAYING ON TRACK

WITH NUTRITION AND FITNESS GOALS



KEEP ON *Tracking*

Staying active, eating well, getting enough sleep, and maintaining a healthy mindset are all important parts of daily life with cystic fibrosis (CF).



Use this journal to track your nutrition, fitness, mood, and sleep. You can print out the tracker pages or type directly into the PDF.

Remember, always to talk your CF care team before changing your diet or starting a new fitness plan to see what's right for you.



HOW TO USE THIS *JOURNAL*

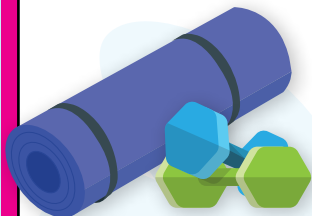
NUTRITION

We make a lot of decisions about the food we eat. **Fill in the daily sections for breakfast, lunch, dinner, snacks, and drinks to keep track of your choices.**



FITNESS

Set aside time each day to make physical activity a part of your routine. **Jot down what exercise you did and how long you spent working out.**



MOOD

Tracking your mood is one way to help maintain a healthy mindset. **Circle the icon that best reflects how you're feeling each day.**





SLEEP

Lack of sleep can sometimes affect our health and our mood. **Track how many hours of sleep you get each night to make sure you're getting enough!**

REFLECTIONS

Take a moment to reflect by **answering the questions that appear at the end of each week.**



DON'T STOP NOW

This journal includes enough daily trackers for a month. If you'd like to keep going, you'll find a blank tracker at the end of this PDF so you can print as many copies as you need.



WEEK

MONDAY

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BREAKFAST

LUNCH

DINNER

SNACKS

DRINKS

EXERCISE

DURATION

CIRCLE YOUR MOOD



SLEEP DURATION



HOURS

WEEK

TUESDAY

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BREAKFAST

LUNCH

DINNER

SNACKS

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EXERCISE

DURATION

CIRCLE YOUR MOOD



SLEEP DURATION



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Reflections **ON THE WEEK**

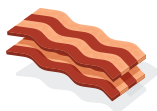
What foods did you eat the most this week?

How did the foods you ate this week make you feel?

Are there any changes you want to make to your diet next week?

Keeping your meals delicious and nutritious

Try switching up your favorite meals and snacks with these tasty swaps.



Bacon



Turkey bacon



Refried beans



Black beans



Meat



Tofu



Chips



Whole grain bread

GET COOKING!

If you're looking for inspiration, check out some mouthwatering recipes at [EverydayCFKitchen.com](https://www.everydaycfkitchen.com).



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Reflections **ON THE WEEK**

Which exercises were the most fun?

When do you find it easiest to exercise and why?

Which exercises did you find most challenging?

TRY INTERVAL TRAINING

If you're short on time, interval training is a great way to fit in a workout. Combine bursts of exercise with brief rests, then repeat. **Always talk to your CF care team before starting a new exercise routine.**



EVERYDAY FITNESS

Watch licensed physical therapist Lena Rabideau walk 2 siblings with CF through an interval training session. Visit EverydayCFFittingInFitness.com.



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Reflections **ON THE WEEK**

What factors affected your mood this week?

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

EVERYDAY GRATITUDE

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

Favorite song you heard

Favorite meal you ate

Act of kindness that meant the most to you

Biggest laugh you had

What else were you grateful for?

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Reflections **ON THE WEEK**

What are your sleep goals for next week?

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What steps could you take to get better sleep next week?

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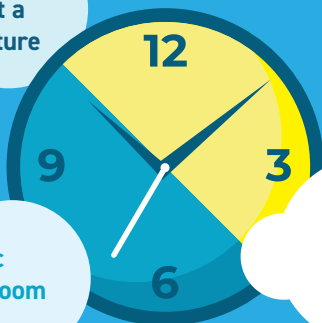
TIPS FOR BETTER SLEEP

Good sleep habits could help you get a better night's sleep.

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



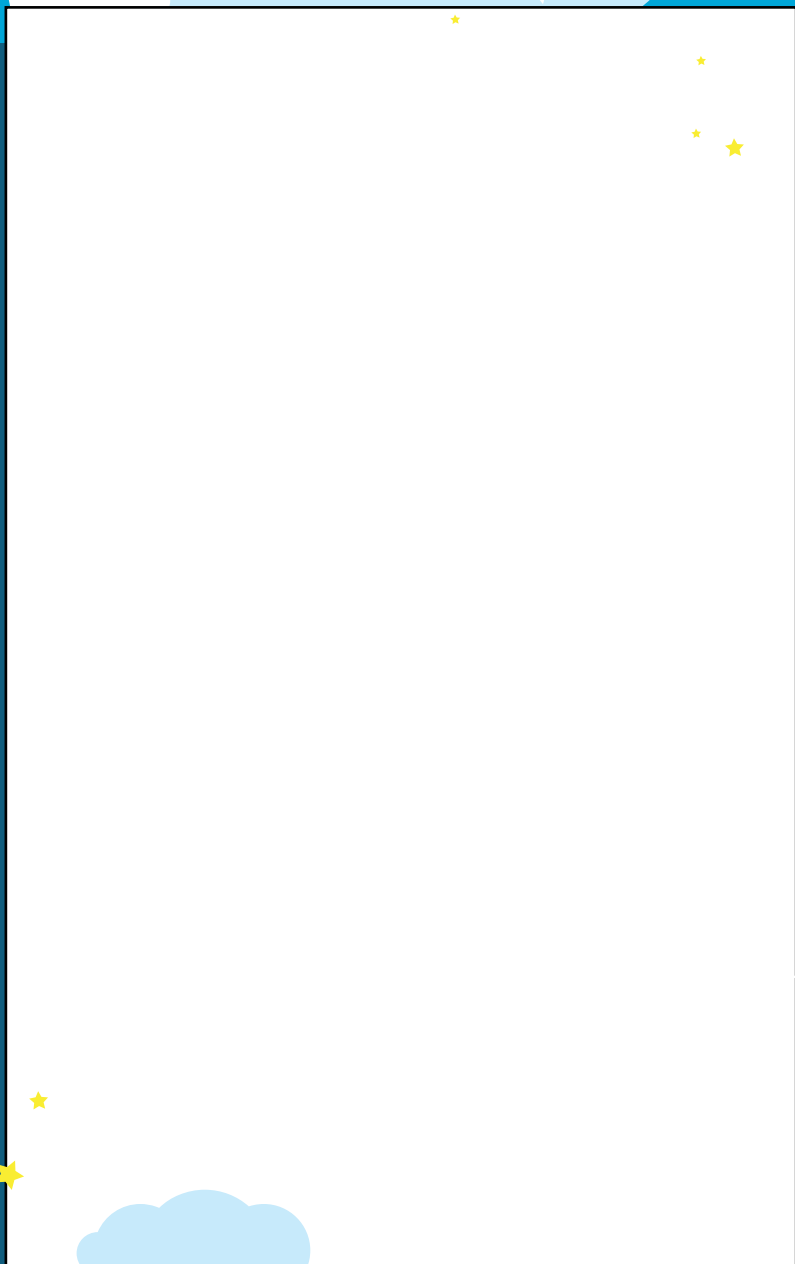
SWEET DREAMS

For more tips on getting better sleep and managing stress, visit CFHealthyMindset.com.



MY DREAM DIARY

Use this space to jot down or draw
what you dreamed about this week.



A large white rectangular box for writing or drawing, framed by a blue border. The border is decorated with stylized clouds and stars. At the top, there is a light blue cloud with a yellow crescent moon and several white stars. At the bottom, there is a light blue cloud and a yellow star. The background is a solid blue color.

CONGRATULATIONS!

You've reached the end of the journal. If you'd like to keep going, print copies of the blank tracker on the next page.



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