

Daily Wellness Behavior Diary (short version)
 Springbrook Chiropractic & Natural Health Center/ Dr. John J. Collins, DC
 Newberg, OR 97132

www.springbrookclinic.com

Wellness Behavior	Mon.	Tues.	Wed.	Thurs.	Friday	Sat.	Sun.
Walking/Stepping- Write down how many steps you take each day. Be sure to use a quality pedometer. Goal= 10,000 steps							
Mindful meditation- Did you take time today to non-judgmentally observe, experience and accept the present moment (including your own thoughts, emotions, feelings, breathing, physical environment)? Goal= 15 min/day							
Modified Paleolithic Diet- Did you try to make each meal 'as paleo as possible'?. Comment on the choices that you made today. See our website for more guidance regarding this diet. Goal= 80% of calories "paleo".							
Water- How many ounces of pure water you drank (do NOT include any beverages other than water) Goal= 64 oz.							

Patient/ Client Name: _____ For the week beginning Monday ___/___/_____