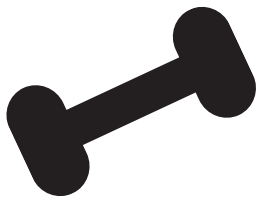


NEWPORT LIVE  
CASNEWYDD FYW



# Wellness Journal



4 Weeks

## Set some goals

If you're trying to manage your weight, improve your health, build muscle or workout more effectively, you need to set some goals! You can base them on activities such as running, healthy eating, increasing the amount of water you drink, improving sleep or even losing a few pounds, simply note them down below.

	<b>My overall goal is...</b>  e.g. to run 5k	<b>Short term Goal</b> (0-4 weeks)  (Small achievable changes that are easy wins e.g. Run intervals of 15 mins 2-3 times a week)	<b>Medium Term Goal</b> (4-8 weeks)  (How can you progress your small goals? e.g. Increase running duration and add in resistance training)	<b>Long Term Goal</b> (8-12 weeks)  (Further progress your medium term goals e.g. Run 3-5k 3-4 times per week gradually building distance)
1				
2				
3				




## Goal tracker

Track how you are getting on with each of your goals below. Did you stay on track each day? If so give yourself a tick to keep track.

	M	T	W	T	F	S	S
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Health & Fitness Tracker

Week 1

	MON	TUE	WED
DATE			
<p>What activities have you been up to?</p> 			
<p>How well did you sleep?</p> 			
<p>How have you been feeling?</p> 			

Record how active you have been, how well you have slept and how you have been feeling this week. Keep this up for 4 weeks and track your progress.

THU	FRI	SAT	SUN

# Food & Drink Tracker 1




	MON	TUE	WED
Date			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			

Keep a track of what you have eaten and drunk this week, noting down how you felt after meal or snack e.g. energised, content, happy, guilty, bloated, tired etc.

[illegible]

# Health & Fitness Tracker

Week 2

	MON	TUE	WED
DATE			
<p>What activities have you been up to?</p> 			
<p>How well did you sleep?</p> 			
<p>How have you been feeling?</p> 			



Its week 2! How did you find tracking your activities, sleep and feelings last week? Did you spot something that surprised you?

THU	FRI	SAT	SUN

# Food & Drink Tracker 2

	MON	TUE	WED
<b>Date</b>			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			

Keep a track of what you have eaten and drunk this week, noting down how you felt after meal or snack e.g. energised, content, happy, guilty, bloated, tired etc.

[illegible]

## Book A Consultation

Congratulations on completing your first 2 weeks! As a next step why not book a digital consultation with one of our fitness instructors to discuss how we can help you on the next stage of your fitness and wellbeing journey.

### What is a consultation?

At a Newport Live consultation you will meet a member of our fitness team who will assess your goals and objectives and work with you to put a plan in place to help you reach them. During a consultation our team will also give you tailored advice on how to continue your workouts and exercise safely from home.

### How do I book?

We are currently offering digital consultations via Zoom. If you would like to request a consultation or need advice from one of our instructors visit [surveymonkey.co.uk/NewportLiveConsultation](https://surveymonkey.co.uk/NewportLiveConsultation), complete the sign-up form and a member of the team will be in touch.

### More information

For more information visit [newportlive.co.uk](https://newportlive.co.uk) or email [FitnessTeam@newportlive.co.uk](mailto:FitnessTeam@newportlive.co.uk).

## Wellness Hints & Tips

- ◇ Resistance training helps to keep your metabolic rate up and body fat % down. Include it at least 2-3 times per week in your workout!
- ◇ Vitamin D helps to produce serotonin, often known as the happy chemical because it contributes to wellbeing and happiness. It comes from sunlight but also foods such as cod liver oil, salmon, mackerel, natural yoghurt, and milk.
- ◇ Household items such as a can of beans or a jar of peanut butter make great weights!

You can find more wellness hints & tips on the back page!

## Digital Resources

Newport Live has a whole host of digital resources ranging from on-demand exercise classes to handy hints and tips to help you stay happy and healthy!

### YouTube

Newport Live YouTube channel features a range of on-demand exercise classes from HIIT (High Intensity Interval Training) to yoga, Zumba and kettlebells. A new addition to our channels is our Low Intensity Training (LIT) playlist which is a great starting point for easing yourself into exercise. All exercise classes can be undertaken at your own convenience and in the comfort of your own home. Search for [Newport Live](#).

### Happy and Healthy at Home

Our Happy and Healthy At Home webpage is jampacked with resources, links and tips to help you to stay fit and healthy, support positive physical and mental wellbeing as well as inspire creativity whilst at home. Visit [newportlive.co.uk/happyandhealthyathome](http://newportlive.co.uk/happyandhealthyathome).

### Healthy & Active App

To complement our Newport Live app, we have launched our Healthy and Active app. Provided by Technogym MyWellness, the app is the perfect partner to help you workout and improve your wellbeing at home, outdoors or with us at our centres.




The Newport Live Healthy and Active app enables you to access your lifestyle and fitness data, training programmes and much more on the go. The app also connects with popular fitness and nutritional tracking apps and devices.

[newportlive.co.uk/healthyandactiveapp](http://newportlive.co.uk/healthyandactiveapp).



# Health & Fitness Tracker

Week 3

	MON	TUE	WED
DATE			
<p>What activities have you been up to?</p> 			
<p>How well did you sleep?</p> 			
<p>How have you been feeling?</p> 			

Its week 3! Are you going to make any changes to your activities or sleep this week? How are you feeling this week?

THU	FRI	SAT	SUN

# Food & Drink Tracker 3

	MON	TUE	WED
Date			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			






Keep a track of what you have eaten and drunk this week, noting down how you felt after meal or snack e.g. energised, content, happy, guilty, bloated, tired etc.

[illegible]

# Health & Fitness Tracker

Week 4

	MON	TUE	WED
DATE			
<p>What activities have you been up to?</p> 			
<p>How well did you sleep?</p> 			
<p>How have you been feeling?</p> 			

Its the final week to track your activities, sleep and feelings. Use this time to look back at Week 1 and see if anything has changed.

THU	FRI	SAT	SUN

# Food & Drink Tracker 4

	MON	TUE	WED
<b>Date</b>			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			
Food / Drink:			
Comment:			

Keep a track of what you have eaten and drunk this week, noting down how you felt after meal or snack e.g. energised, content, happy, guilty, bloated, tired etc.

[illegible]

## How did you get on?

Take a look back at the goals you set yourself in Week 1, did you achieve them? Or did you hit a wall or come up against some unexpected obstacles? If you didn't achieve your goals that's okay, on the next page note down some actions to help you achieve your goals or take your them to the next level over the coming weeks.

1

2

3

## Next steps

It's time to take your goals to the next level or simply set about tweaking them slightly to make them more achievable, either way, make a plan of action as to how you can maintain the momentum of your health and wellness journey!

1



2



3



# WELLNESS HINTS & TIPS

- ◇ Train smarter, not harder, listen to your body, focus on rehab and active recovery. Remember Stress + Rest = Growth!
- ◇ Put your physical and mental wellbeing first. Keep it high on your priority list, invest and be accountable to YOU!
- ◇ Stress can have many negative effects on the body from high blood pressure, aches, pains, low mood to weakened immune system. Make time to relax, talk to friends, limit caffeine intake, get plenty of sleep and exercise.
- ◇ Keep a healthy and happy relationship with food by making small changes over a longer period of time. Remember cutting out things 'forever' is not always sustainable.
- ◇ Have a treat day once per week - this is a lifestyle change not a diet, you can still live a little!
- ◇ Keep your nutritional intake varied with plenty of fruits and vegetables that are the colours of the rainbow!
- ◇ Your mental health is just as important as your physical health, be sure to schedule in some me time into your daily routine.

## Next Steps

Congratulations on completing your Newport Live 4-week wellness journal! We hope that you have enjoyed tracking your wellness journey and have achieved your goals. Next steps, download another wellness journal and complete another 4 weeks, picking new goals or simply taking your current goals to the next level, its entirely up to you! Newport Live is here to support you and your wellbeing journey every step of the way.