

Tracking Your Health – The First Phase of a Health Component for Oasis in the Wilderness

- When we are stressed, we often decrease our healthy behaviors and increase our unhealthy behaviors.
- However, unhealthy behaviors can actually make it more difficult for us to effectively address our stressors.
- Therefore, to give you the most successful summer, we felt constrained to include a health component.

But Why Track Anything?

1. Your mind and your body are interrelated. “The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes,” *The Ministry of Healing*, p. 241
2. When we track behaviors or metrics, it favorably impacts our attentiveness and awareness, and reinforces desirable behaviors.
3. Therefore, we want you to choose to track at least one health behavior or metric for the first two months of our program together (from May 15 to July 15, 2024)

Choosing What to Track

As far as choosing what to track, ask the following question: “If they occurred this summer, what health outcomes would I be happy with?” Feel free to make a list like the example below:

As far as my health, I would be happy if:

I lost some weight

Increased my activity

Improved my blood pressure

Did better with my water intake

Was more consistent with my sleep

Ate more fruit and vegetables

Decide upon ONE trackable *daily* healthy behavior or health metric

- Hours of sleep per night
- Glasses (or ounces) of water per day
- Weight
 - Morning and evening blood pressures
- Fasting blood sugar
- Steps per day
- Minutes of daily physical activity
- Daily servings of fruit and veggies