

The Healthy Mind Platter – Tracking Tool

Take charge of your mental health by identifying how much time you invest in each element of the *Healthy Mind Platter* daily. Track this over one month, using one-week intervals to identify gaps and areas of improvement. Glean weekly insights and create new habits to improve your results. Progress over perfection!

	Sleep Time	Physical Time	Focus Time	Time In	Downtime	Play Time	Connecting Time
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Total							

Sleep Time: When we give the brain the rest it needs, we consolidate learning and recover from the day's experiences. This is a crucial element in the Healthy Mind Platter, as it sets the foundation for all other activities.

Physical Time: When we move our bodies, aerobically and medically possible, we strengthen the brain in many ways. This is a critical element of the *Healthy Mind Platter*, as it benefits our physical health and enhances our cognitive functions.

Focus Time: When we focus closely on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain. This is a vital element in the Healthy Mind Platter, as it promotes cognitive growth and resilience.

Time in: When we quietly reflect internally, focusing on sensations, images, feelings, and thoughts, we help to integrate the brain better.

Downtime: When unfocused, without a specific goal, and letting our minds wander or relax, we help the brain recharge.

Play Time: When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

Connecting Time: When we connect with other people, ideally in person, and when we appreciate our connection to the natural world, we activate and reinforce the brain's relational circuitry.

Questions for Weekly Reflection:

1. How am I doing toward my daily goals?
 - a. Did I commit to the habit I made for myself?
 - b. What, if anything, got in the way?
2. Where do I need to adjust and why?
3. How do I feel?
 - a. Am I feeling any different?
4. What do I need more of or less of?
5. Which new habits should I build on, and which existing habits do I need to sustain?