



# HEALTH JOURNEY WORKBOOK 2022

Join Briggs Family Chiropractic in  
Taking Back Your Health

*Dr. Scott Briggs*





## WELCOME FROM DR. BRIGGS

Let me share a little secret with you.. I struggle with my weight! (wink) If you are a current patient of mine-- you already know this. Here is the major truth-- I am embarrassed. I believe in health. I preach health to my patients, and I am not being a very good guide for you.

So many of us struggle with bad health habits. Maybe one of these is you:

- Struggle with food/ weight
- Smoking
- Too little exercise/ too much exercise
- Stress
- Sugar addiction

It doesn't matter what your issue might be--- it is impacting your overall health... it is impacting my overall health.

Instead of just TALKING health.. I decided to share my journey with you, and invite you to join me. You can make a health pledge--- in my office--- and we can walk this path together. I will be very transparent in sharing my journey on my blog. I hope you will connect with me.

This workbook will give you 30 days of health tips/ guides/ habit trackers. Also, stop by the office to fill out your personal health journey commitment card.

Let's take back our health in 2022! It's your health. It's our journey!

*Dr. Scott Briggs*



“

**I CAN.  
I WILL.  
WATCH ME!**

”



# What's In the Workbook

I don't want this workbook to be overwhelming or add any stress. It should be used as a tool in your journey. Use one page, use all pages, whatever works for you.

You may need to only increase your water intake--- you can just use the water tracker. Or maybe you are like me, and you need to watch your food, exercise and water. I will be using the larger tracker.

Again, I am sharing what I will be using as I embark on this journey.

## TRACKERS

There are several trackers included in this book. You will find:

- Water tracker
- Habit tracker
- Self- care ides
- General trackers (no sugar, no alcohol)



# Why?

## Determine Your Why

I have a couple of "why's" for my commitment. First, it's my family. I am a dad to young children and I need to be here for them. Next, is my patients. If I am going to work with them on their health-- I need to practice what I preach.

So what is your WHY? It is for weight loss, overall health, more energy? You don't have to share this with me (although you are welcome to) but you need to figure out why you want to make this health commitment.

**In 2022 I want to get my health back by:**

Explain what you need to focus on in your health journey.

**My WHY for doing this is:**

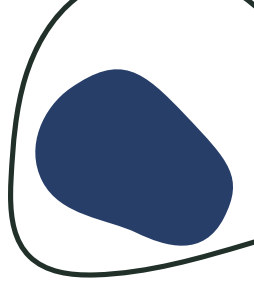
Give details on why this is important to you.

**I will accomplish my goal when:**

How will you know you have been successful in this commitment?



# Dr. Briggs' Pledge



I am doing this very publicly and very authentically. Will I struggle-- probably. However, I am so committed to this health journey that I am willing to put it out to everyone.

My family will also be joining me on this journey. Each of us have different things we need to focus on, but we are going to do it together.

Here are the things I am going to commit to at the start of this plan (I will continue to add to these).

- Using the DASH eating plan
- Drinking 10 glasses of water per day
- Moving everyday (incorporating 30 min of exercise into my routine)
- Reading my Bible daily (this is to help with my stress)
- Share my journey with my patients and community

That is all I am focusing on for the first 30 days. Like I said, I will continue to add to this but for now I want to be super focused on just a few vital areas.



# Trackers















# Monthly Water Challenge





# HEALTH HABIT

WEEK OF \_\_\_\_\_

	MENU PLANNER	WORKOUT	WATER INTAKE
<i>Monday</i>	<i>Breakfast</i>	<i>Exercise</i>	
	<i>Lunch</i>		
	<i>Dinner</i>	<i>Calories Burned</i>	
	<i>Snacks</i>		
<i>Tuesday</i>	<i>Breakfast</i>	<i>Exercise</i>	
	<i>Lunch</i>		
	<i>Dinner</i>	<i>Calories Burned</i>	
	<i>Snacks</i>		
<i>Wednesday</i>	<i>Breakfast</i>	<i>Exercise</i>	
	<i>Lunch</i>		
	<i>Dinner</i>	<i>Calories Burned</i>	
	<i>Snacks</i>		
<i>Thursday</i>	<i>Breakfast</i>	<i>Exercise</i>	
	<i>Lunch</i>		
	<i>Dinner</i>	<i>Calories Burned</i>	
	<i>Snacks</i>		
<i>Friday</i>	<i>Breakfast</i>	<i>Exercise</i>	
	<i>Lunch</i>		
	<i>Dinner</i>	<i>Calories Burned</i>	
	<i>Snacks</i>		
<i>Saturday</i>	<i>Breakfast</i>	<i>Exercise</i>	
	<i>Lunch</i>		
	<i>Dinner</i>	<i>Calories Burned</i>	
	<i>Snacks</i>		
<i>Sunday</i>	<i>Breakfast</i>	<i>Exercise</i>	
	<i>Lunch</i>		
	<i>Dinner</i>	<i>Calories Burned</i>	
	<i>Snacks</i>		

# 30-Day Self Care Challenge

<input type="checkbox"/> Practice yoga	<input type="checkbox"/> Set a mini goal	<input type="checkbox"/> Wake up early	<input type="checkbox"/> Listen to music	<input type="checkbox"/> Practice affirmation
<input type="checkbox"/> Take a nap	<input type="checkbox"/> Write a journal	<input type="checkbox"/> Pamper yourself	<input type="checkbox"/> Write a letter to someone	<input type="checkbox"/> Do 30 sit-ups
<input type="checkbox"/> Be a volunteer	<input type="checkbox"/> Watch a movie	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Explore a new city	<input type="checkbox"/> Play with your pet
<input type="checkbox"/> Face Massage	<input type="checkbox"/> Watch the sunset	<input type="checkbox"/> Do a DIY project	<input type="checkbox"/> Go Outside	<input type="checkbox"/> Take a walk
<input type="checkbox"/> Clean your room	<input type="checkbox"/> Read a book	<input type="checkbox"/> Turn your phone off	<input type="checkbox"/> Go to bed early	<input type="checkbox"/> Drink water
<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Finish a puzzle	<input type="checkbox"/> Get creative	<input type="checkbox"/> Treat yourself	<input type="checkbox"/> Adopt a new habit

# General Habit Trackers

No Sugar



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

No Alcohol



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

