Spartan Wellness Journey

Healthy Routines



DOWNTIME

Relaxation and leisure activities help reduce stress. improve mood, and can lead to better sleep.



SLEEP

Adequate sleep rejuvenates the body and mind, improves mood and cognitive function, and is essential for learning and memory consolidation.



STUDYING

Learning and education require focus and energy. Physical activity, good sleep, and nutrition can boost cognitive function, making studying more effective.



EXERCISE

Regular physical activity improves sleep quality, reduces stress. boosts mood. and enhances cognitive function.



NUTRITION

Proper nutrition provides the energy and nutrients necessary for brain function, mood regulation, and overall physical health.



SOCIAL **INTERACTION**

Engaging in social activities can improve mental health by reducing feelings of Ioneliness and stress.



BRAIN

Caffeine. alcohol. nicotine. cannabis, and prescription drugs can negatively impact sleep, ability to focus, immune system, and social skills.

A healthy routine includes the balance of all these components that works best for you.



My Routines



On average, I get ___ hrs. of sleep a night.

Healthy Routine Components that I am great at prioritizing:

I think this amount of time is:

3

Unhealthy











Super Healthy! **Healthy Routine Components** that I need to work on:

Wellness Schedule

Each week, we encourage you to follow our healthy routine components designed specifically for college life. If these don't fit your needs, feel free to customize them or add other healthy routines that work better for you.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							