

LEARNING

DEVELOPMENT & SUCCESS

TIP #5: GET ENERGIZED – EAT, EXERCISE, SLEEP

Fatigue and stress weaken memory and comprehension. Eat properly, exercise regularly, and get adequate sleep.

ACTIVITY:

For each healthy behaviour, check the box to indicate if you regularly do the behaviour (Yes – Y), sometimes do the behaviour (Sometimes – S), or never do the behaviour (No-N). For those behaviours that you answered No or Sometimes, consider what plans for change you can make to more consistently implement that routine in your everyday life (eg. I will set my alarm earlier every morning so I can have time to eat my breakfast before I start my day).

Goal	Behaviour	Y	S	N	Plans for change
Eat Properly	Eat a good breakfast				
	If you must eat fast foods, choose wisely				
	Keep healthy snacks on hand				
	Limit your sugar intake				
	Drink lots of water				
Exercise Regularly	Schedule your workout				
	Find a workout buddy				
	Use exercise as a study break				
Get Adequate Sleep	Get a full night's sleep				
	Sleep/wake up at the same time each day				
	Brief naps				
	Exercise				
	Avoid caffeine				
	Create a pleasant sleeping environment				
	Block unwanted sounds				
	Use bed for sleep only				