

# 30 Days to create my FlexAware® Habit!

More information: Dr. Ralph Wilson; [www.NaturalConnectionsHealthcare.com](http://www.NaturalConnectionsHealthcare.com)

It's easy to make *FlexAware* a sustainable lifestyle for a lifetime -- You just have to practice. The more you do, the more you'll benefit. Put the date you start in the Day 1 column, then check it off each time you also do some *FlexAware*. It's that simple.

	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
<b>Sitting movements</b>																														
Watching TV																														
Sitting at the computer																														
Driving a car																														
Riding a bus or train																														
During meals																														
At work																														
<b>Standing movements</b>																														
Cooking dinner																														
Washing dishes																														
Brushing my teeth																														
When I get up after sitting																														
When I get out of the car																														
In line at the market																														
<b>Walking movements</b>																														
Around the house																														
At work																														
To or from the car																														
With family or friends																														
<b>Lying in bed</b>																														
While falling asleep																														
<b>Waking up in the morning</b>																														
During the night																														
<b>In my imagination</b>																														
<b>For general exercise</b>																														
Warming up																														
Cooling down																														
Before other exercises																														
During other exercises																														
As an exercise itself																														

Fill in the blanks with your own ways to incorporate *FlexAware* into your lifestyle. © Copyright 2009 by FlexAware Learning Corporation