DEMENTIA ACTION PLAN

Tracker for New Habits

Interact Well Care
Memory Improvement Center

1. Write the modifiable lifestyle change you want to work on: Sleep; Exercise; Nutrition; Stress Reduction; Detoxifying; Social Connections; Sensory and Mental Stimulation.
2. Write down the new habit you want. You'll need to download a page for each new habit you want to develop.
3. In the next column, put a checkmark for each day, and in the final column note any victories you achieved related to the target.

Modifiable Lifestyle Change: Sleep

New habit you want to work on: Plug in my devices in another room--not my bedroom.

DATE	DAILY PROGRESS	VICTORIES, IDEAS, INSPIRATION
9/16/2019	☑ ☐ ☑ ☑ ☑ ☐ ☑	5 days is pretty good--better next week. I got to sleep faster with them.
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