

WELLNESS ON A BUDGET



A Guide to Help You Get Creative
With Building Low-Cost Healthy Habits

BRAINSTORM BUDGET IDEAS



Get Creative with Low-Cost Wellness!

Sometimes, it can feel like maintaining good health is expensive, but that could not be further from the truth. You can nurture your brain and body with absolutely no cost to you at all! This seven-day journal will help you to get creative with exploring wellness on a budget. Use this as a way to track new things you have tried and how they worked for you.

Not sure what to try? Check out our low-cost suggestions below and check the boxes of which ones look interesting to you!

Nutrition

- ☐ Have an accessible outdoor picnic
- ☐ Watch a NCHPAD cooking video and try making the recipe
- ☐ Get a free nutrition app (like Fooducate)

Add your Ideas!

Physical Health

- ☐ Go for a walk or roll outside
- ☐ Follow along with an adaptive fitness video by NCHPAD
- ☐ Stretch or move gently in any way that feels good to you

Add your Ideas!

Mental Health

- ☐ Take a breath of fresh air outside
- ☐ Download a free mental health app (Like Finch or Headspace)
- ☐ Read a book, write a story, or journal your feelings

Add your Ideas!

DISCLAIMERS

Accessibility and Writing

Reflection does not have to be in the form of physical writing. While this journal was created in a physical writing format, it can be adapted in any way you need to enjoy and track your progress. This can look like photos of what you try, talking with a friend about your experiences, or creating an audio journal by recording yourself. Let this journal be a gentle guide and adapt it in any way you need to get the full benefit.

Be Gentle with Yourself

Building healthy habits takes time and practice. You may not be able to fill out the entire page each day, and that's okay! Reflect on what you have tried and repeat the workbook for as many weeks as needed to help you explore low-cost wellness. The goal should be to try new things and have fun doing it!

Healthy Looks Different for Everyone

While one person may find low cost habits in the form of hiking a mountain or stretching, another person may find what is healthiest for them is slowing down and enjoying some horizontal time on the floor. Trust your gut for the habits that are healthiest for you and your personal needs.



MONDAY

Write about your experiences below. How much did you spend? Did you like what you tried? What could you do differently? How can you get even more creative?

Nutrition



Physical Health



Mental Health



Missed Activities

Did you skip anything? If so, take a moment to reflect

TUESDAY

Write about your experiences below. How much did you spend? Did you like what you tried? What could you do differently? How can you get even more creative?

Nutrition



Physical Health



Mental Health



Missed Activities

Did you skip anything? If so, take a moment to reflect

WEDNESDAY

Write about your experiences below. How much did you spend? Did you like what you tried? What could you do differently? How can you get even more creative?

Nutrition



Physical Health



Mental Health



Missed Activities

Did you skip anything? If so, take a moment to reflect

THURSDAY

Write about your experiences below. How much did you spend? Did you like what you tried? What could you do differently? How can you get even more creative?

Nutrition



Physical Health



Mental Health



Missed Activities

Did you skip anything? If so, take a moment to reflect

FRIDAY

Write about your experiences below. How much did you spend? Did you like what you tried? What could you do differently? How can you get even more creative?

Nutrition



Physical Health



Mental Health



Missed Activities

Did you skip anything? If so, take a moment to reflect

SATURDAY

Write about your experiences below. How much did you spend? Did you like what you tried? What could you do differently? How can you get even more creative?

Nutrition



Physical Health



Mental Health



Missed Activities

Did you skip anything? If so, take a moment to reflect

SUNDAY

Write about your experiences below. How much did you spend? Did you like what you tried? What could you do differently? How can you get even more creative?

Nutrition



Physical Health



Mental Health



Missed Activities

Did you skip anything? If so, take a moment to reflect
