



## Physician Healthy Habit Builder Worksheet

### Introduction

As a physician, you dedicate your life to improving the health of others, often at the expense of their own well-being. Long hours, high stress, and demanding schedules can make it challenging to prioritize personal health and fitness. However, it's crucial to remember that caring for yourself is not a luxury; it's a necessity.

This e-book is designed to guide you, a dedicated physician, in building sustainable, healthy habits that fit seamlessly into your busy life. You'll discover practical strategies tailored to your unique challenges, helping you to look, feel, and perform at your best both in and out of the clinic.

By investing in your health, you are not only enhancing your quality of life but also setting a powerful example for your patients.

My hope is this e-book acts as your companion in this journey towards a healthier, more balanced life, allowing you to continue your invaluable work with renewed energy and passion.

### Habit List

Below is a list of healthy habits you can focus on which will help you make progress with your health & fitness goals. Keep in mind, you're not picking these habits because you want a better quality of life!

To be more present with your family and your patients.

To have more energy to keep up with your kids.

To be able to fully participate in the activities that you enjoy.

To be able to live your retirement years to fullest rather than being limited and passing the time by.

You're using your health & fitness as a means to a better quality of life! So don't get too married to each habit.

With all that said, there are 31 habits listed below. Go through the list. Add more if you like. The habits listed are most certainly not the only ones you can do.

Write down the habits you're at least 80% confident you could follow through on 80% of the time.

For example, if you're at least 80% confident you get to the gym 3x per week and you decide that will be your first fitness habit to focus on, then on average you should be making it to the gym 3 days per week 4 out of 5 weeks.

Knowing the math here, you can then ask yourself:



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\*Am I still 80% confident I can successfully implement this habit? If no, then what about consistently doing 2x per week? (remember, this is just the START of your process...it doesn't mean you can't eventually get up to 3x per week, 4x per week, or even a daily, regimented fitness routine)

\*In the past, have I ever consistently made it to the gym 3x per week this often? If no, then why is this time any different? It's not to say you won't be able to consistently do so this time, but setting realistic expectations is crucial at this stage of your process

If you're still confident you can follow through on this habit, then keep it as is and start executing. If not, then modify the plan until you're at least 80% confident.

As far as the number of habits to focus on, I'd limit yourself to no more than 2; with either fitness or nutrition being the primary habit (unless you currently don't exercise, then make fitness the priority) and one from "accountability/tracking progress".

Doing too much at one time is a recipe for lack of progress and frustration. With that said, everyone is different. I've seen clients focus on multiple things at once and make significant progress and have it stick. It doesn't happen often, but it can happen. The key here is being honest with yourself, knowing yourself, and knowing your current lifestyle and if it's realistic for you to be putting so much mental energy into multiple areas.

I've seen it happen where clients focus on one particular area and by default improve in other areas.

The most common?

They start with their fitness routine, get consistent with it, and without much effort naturally improve their nutrition practices and the consistent physical activity improves mood, capacity to handle stress, and sleep.



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Fitness/Movement	Nutrition	Stress Management**	Accountability / Tracking Progress
Weight/Resistance Training (insert # days/week)	Every meal is built around a protein-source (at least one handful)	Consistent sleep & wake time	Daily weigh in
Increase step count (if you're at 8k/day, don't focus on this – if you're not, then increase 1k @ a time)	Implement Intermittent Fasting (8 hours on / 16 hours off)	Increase duration of sleep (even if it's just 15 minutes)	Take weekly/monthly progress photos
Add (insert # days/week) of (non-gym related physical activity)	Bring protein rich snacks to work so you're not snacking on candy, trail mix, etc	Increase frequency of working out to more than you currently are	Hire a coach/trainer
Sign up for professional lessons in sport/activity you enjoy	Create rules around alcohol*	Deep breathing practice	Figure out a way to link your values with your health & fitness plan
Add 5-15 minute core/mobility sessions to non-gym days	Subscribe to a meal delivery service	Meditate	Utilize strategies from chapter 5 to optimize your environment
Walk before work / during Zoom meetings / on lunch break	Eliminate drinks with calories – unless it's a "Power Smoothie"	Lean into Your Community of Like-Minded People	If you don't have a coach, create your own daily accountability system
Add long duration, low intensity cardio (30-60 minutes) on non-gym days	No eating or drinking after dinner	More Physical Touch with Your Spouse	Track what you do during your workouts (this is an absolute must for long-term progress)
Join a group which is focused on physical activity and meets weekly (running club, cycling club, etc.)	Track your calories using an app (my recommendation is "Carbon Coach" from Dr Layne Norton)	Hot bath/shower before bed	

\*You can go with cutting out alcohol completely or limiting yourself to specific days/scenarios for alcohol consumption. If you reach for alcohol to relieve stress at the end of the day, then I HIGHLY recommend cutting it out from your day and limit it to social gatherings.

\*\*Remember, these aren't essential right off the get-go. Your ability to manage stress can simply get better by consistently working out and eating healthier. These are things to consider adding.



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### Environment

The environment you surround yourself with is so crucial to your short, and especially, your long-term success.

Some of your environment is obvious.

Some of it can be subtle.

Environment				
Category - + / -	Home	Work	Vehicle	Travel
Fitness - Add	Home Gym	Walks / quick mobility – core workouts / pre-post work workouts at hospital gym	Add gym shoes / gym bag to your car	Research area where you're staying at for fitness / meal options
Fitness - Subtract	Habits which create more resistance between you and you getting your workouts done	Working out separate from the work day		
Nutrition - Add	Compliant foods / integrate family	Quick, protein-centric meals		Use mini-fridge at hotel / hydrate before-during-after your flight
Nutrition - Subtract	Non-compliant foods / drinks	Access to random meals / snacks	No food in car / a "no picking food up on a whim" rule	
Stress Management - Add	Aromatherapy / organization / your "place"	Family pics / aromatherapy / nap time		Stick to consistent sleep schedule
Stress Management - Subtract	"Stuff"	Triggers		



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### Now We're Going to MAP-E Out Your Habits

#### M – Motivation

Remember what you read from the book. Motivation is a fleeting feeling. It's not always going to be there. I speak from my own experience as well as my professional experience coaching clients.

This is why we built out your values card and got crystal clear on what your values are.

Leverage your values into your "why" of why you're pursuing better health & fitness.

For example, let's stick with the working out 3x per week habit we listed earlier.

My motivation for that might look like this:

I'm 30 lbs overweight and I need to lose this weight so my joints feel better, I feel better about myself, so I can have more energy to keep up with my kids, because I realize the path I'm on may result in another 10-15 lbs of weight gain by the time I retire if I don't change my ways and I'll really be in bad shape down the road, and I know working out 3x per week is going to help me with those things I'm trying to attain and keep me away from the things I don't want to experience in my life.

Knowing how much my family means to me, I'm going to integrate my family into this practice once per week on Sunday mornings. We have a family membership at a local club and that will motivate me to stay consistent with my routine and I get the added bonus of sharing this experience with my family and strengthening our bond.

Avoid generalities like "I want to lose 30 lbs. because I want to look better"

I'd say there's a very low likelihood working out 3x per week becomes a long-term behavior change for you.

#### A -Ability

Do you have the ability to execute this particular habit?

In the example of working out 3x per week, the biggest limiting factor is going to come down to your time.

You're not going to be limited by your finances, physical abilities (workouts can be modified due to any structural or physical limitations), physical effort (you're going to feel great some days, most days you won't, the key is consistently showing up and giving whatever your 100% is that particular day), or any other thing you can imagine which would limit your ability to workout 3x per week



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Whichever habit you're focusing on, identify the limiting factors which will impact your ability to execute and identify on how you can create less resistance between you and your ability.

In this example? I find pockets of time where my time is protected throughout the week and I schedule my workouts.

### P – Prompt

Remember, from the book we defined a “prompt” as external, environmental factors that will prompt initiation of the new habit. Another way to look at this is finding “hacks” to increase the likelihood you follow through on the desired habit.

In the case of the 3x per week working out habit, I'm going to schedule those workouts on my Google calendar, sync it to my iPhone, and then have it send a reminder to my phone the night before.

### E- Environment

We're either adding or subtracting something from either your home, work, vehicle, or travel to increase the likelihood of success.

We're going to pretend that I go to the club I mentioned my family belongs to and I will do so in the morning before work.

I'm going to do two things here.

- 1) I'm going to put my gym bag in my car with my gym shoes. I'm going to workout on Monday & Thursday mornings during the week and with my family on Sunday. So, on Sunday night and Wednesday night, I'll lay out my gym clothes the night before so I'm good to go in the morning. Gym bag in my car creates no excuses for not going and laying out my clothes the night before, as ridiculous as it might sound, creates less friction between me and going to the gym. It's one less decision I have to make when I wake up and as a result creates less friction.
- 2) I'm cutting out phone usage starting at 930 PM. I do my best to be lights out and falling asleep by 1030 PM, but too often I'm scrolling on my phone beyond that time and I know that impacts my quality of sleep. If I wake up, lethargic after a restless night of sleep, then I know the likelihood of me hitting the snooze button goes up.



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Here's how it looks when we lay it out:

Habit / Behavior: Go to the gym and workout 3x per week

Confidence Level: I'm 80% confident I can execute this habit every week

Motivation: Be better for my family, decrease joint aches & pains, feel more confident

Ability: The only limitation I have is my time and I'm overcoming that by scheduling my workouts each week. To further overcome the lack of time, I'm scheduling them on the same exact days and times so I can increase the likelihood I'm consistent with this

Prompt: Schedule on my Google calendar, sync to my iPhone, and set a reminder which will automatically pop up on my phone the night before (before my 930 PM phone cut off time)

Environment: Gym bag in car, clothes laid out night before, and cut out phone usage by 930 PM

### Now It's Your Turn

Habit / Behavior: \_\_\_\_\_

Confidence Level: \_\_\_\_\_

Motivation: \_\_\_\_\_

Ability: \_\_\_\_\_

Prompt: \_\_\_\_\_

Environment: \_\_\_\_\_



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Habit / Behavior: \_\_\_\_\_

Confidence Level: \_\_\_\_\_

Motivation: \_\_\_\_\_

Ability: \_\_\_\_\_

Prompt: \_\_\_\_\_

Environment: \_\_\_\_\_

Habit / Behavior: \_\_\_\_\_

Confidence Level: \_\_\_\_\_

Motivation: \_\_\_\_\_

Ability: \_\_\_\_\_

Prompt: \_\_\_\_\_

Environment: \_\_\_\_\_