

## empower your well-being checklist

### Cancer

Wondering what small actions you can do today to hopefully feel better tomorrow? Try using the Empower Your Well-Being Checklist. This list provides wellness tips to fit into your daily life. To use, check off the tips you complete each day. Set a goal for how many you can complete!

Goal	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Follow the AICR's New American Plate: cover 2/3 of your plate with plant foods and 1/3 (or less) of your plate with meat							
Try to eat at least 5 servings of colorful produce							
If they don't worsen your symptoms, choose high-fiber foods, like fruits, vegetables, whole grains, nuts, and seeds. Fiber recommendations: Men = 38g/day; Women = 25g/day							
Aim to eat sources of healthy fats, like salmon, fish oils, flaxseed, chia seeds, walnuts, and omega-3 enriched eggs							
Avoid processed meats, like hot dogs, sausage, salami, ham, and bacon							
Choose foods high in beneficial probiotics, like yogurt, kefir, kimchi, and sauerkraut							
Flavor food with spices that may lower inflammation: examples include turmeric, cinnamon, and ginger							
Practice food safety tips, including washing hands and surfaces and cooking meats to a safe internal temperature							
Keep portion sizes in check. Maintaining a healthy weight can be beneficial for cancer recovery and for preventing a relapse of cancer							
Log medication side effects into the <i>Side Effect Tracker</i> to help you and your doctor better manage symptoms							

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Aim to move your body for 30 minutes every day. It doesn't have to be all at once. Try taking 3, 10-minute walks							
Work to manage your stress level. Try yoga, meditation, journaling, or join a support group							
Sleep: Aim for 7-9 hours of sleep each night							
Practice safe sun habits: limit sun exposure, wear sunscreen, and wear sun-protective clothing							
Medications: Take your medications as prescribed							
Stay away from tobacco and alcohol. If you do drink alcohol, follow your doctor's recommendations							