

## empower your well-being checklist

### Crohn's disease and ulcerative colitis

For an easy way to improve your health, follow the Empower Your Well-Being Checklist. This list provides quick wellness tips to fit into your daily life. To use, simply check off the tips that you complete each day. Set a goal for how many you can complete!

Note	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Vary your fruits and vegetables: Try to eat 5 cups of colorful produce daily							
Be choosy in your fiber sources: Foods rich in soluble fiber (oats, peeled apples) are a better choice during a flare							
Choose gut friendly, grain-based foods (white bread, flour tortillas, etc.)							
Add a lean protein food to every meal							
Meet your calcium needs: Choose 3 calcium-rich foods daily							
Eat small, frequent meals: Try to eat "fist-sized" portions every 3-4 hours							
Avoid trigger and/or greasy foods							
Drink at least half your body weight in ounces of water daily (Ex: 200 lbs. = 100 oz.)							
Movement: Try to get in 30 minutes of physical activity daily							
Keep a food and symptom journal							
Step on the scale: If you're losing weight, try to add 250-500 extra calories daily							
Work to manage your stress level: Try yoga, meditation, or journaling							
Sleep: Aim for at least 7-9 hours of sleep each night							
Medications: Take your medications as prescribed							
Connect with others: Join an on-line or local support group							