

5 to Thrive: Health Tracking for a Stronger You

When it comes to improving your well-being, knowledge is power. Tracking your health habits—like how much you move, sleep, hydrate, or practice mindfulness—helps you stay aware of what's working and where you might want to improve. That's the heart of *5 to Thrive*: small, consistent actions that add up to big results over time.

Why Health Tracking Matters

Tracking isn't about perfection—it's about awareness and progress. When you track your healthy actions, you start to notice patterns in your energy, mood, and motivation. Over time, those small check-ins can help you make better choices and celebrate real wins.

Benefits of tracking your habits include:

- **Greater accountability:** Seeing your progress keeps you motivated and on track.
- **Early insight:** You can spot changes in your health or stress levels before they become bigger issues.
- **Personalized growth:** Tracking helps you focus on what makes *you* feel your best—whether that's movement, mindfulness, hydration, or connection.

How to Get Started

You don't need fancy technology or hours of free time—just consistency and curiosity. Try one of these simple ways to track your wellness habits:

- **Use your 5 to Thrive tracker:** Record your daily healthy actions in each area—emotional, physical, financial, career, and community.
- **Go digital:** Use an app or smart device to log steps, water intake, or mindfulness minutes.
- **Keep it simple:** A sticky note or quick journal entry works just as well. The goal is awareness, not perfection.



Celebrate Small Wins

Each time you check a box, complete a habit, or see progress, take a moment to recognize it. Those small steps create momentum—and momentum builds change. The more you track, the more connected you'll feel to your own health journey.

Your Call to Action

Start today! Pick one area of your well-being to focus on this week and track your progress for five days. Notice how it feels to be intentional about your health.

Need tools to help you get started? **Visit the Life Advisor Well-being portal** for access to the 5 to Thrive Campaign and other helpful wellness resources designed to support your goals.

**For more information, tools, resources—call your
Life Advisor Employee Assistance Program!**



**Ulliance provides no cost, confidential, short term
counseling for you & your family.**

Call us- we're here to help **800.448.8326**