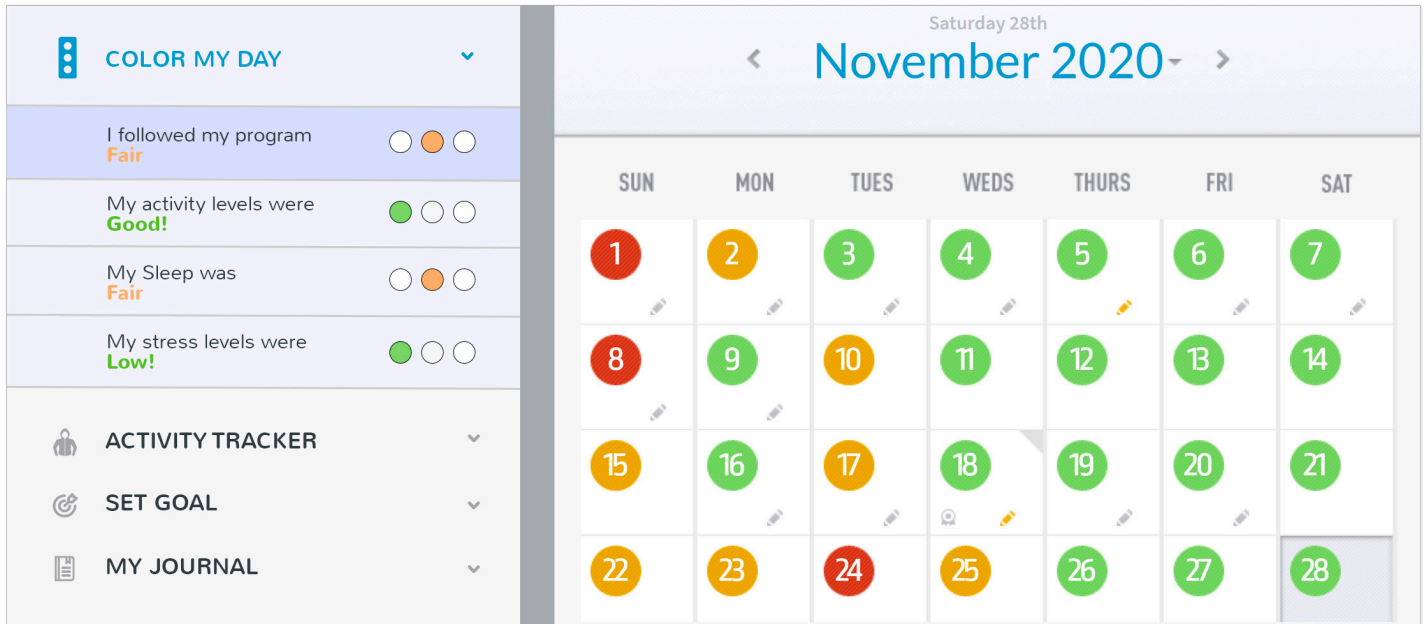


Color My Day



Spotting Key Trends with MyCalendar



The Concept

The My Calendar tool is a simple way to track how well you are following your program each day. When used consistently over time you will gain increased awareness of behaviors and patterns and you and your health care provider will be able to spot significant trends in order to address unhealthy habits.

How it Works

It is simple to Color Your Day by setting a text reminder, logging into the website or using the Heathtrac App. It just takes seconds and the payoff is big!

Client Example

- 1 The pattern:**
A majority of red and yellow days on Sundays; mostly green days during the week; struggled, December 22-25; Great recovery on December 26.
- 2 The review:**
Is there an activity that happens on Sunday that causes you to fall off track? Does work during the week, provide the structure that keeps you on track? The 22nd-25th could be a holiday. Did that contribute to the yellow and red days?
- 3 The targeted approach:**
When you assess your adherence to the program daily, it facilitates a more meaningful conversation with your provider allowing an efficient focus on the things that will have the biggest impact.