

INCRE^{MENTAL}

My Journal



First Step

WEEK 1

- ☐ Start counting calories using the app or wearable device that works best for you.
- ☐ Do some physical activity – go for a walk, do some stretching or yoga, whatever your body can handle – to get the blood moving. Jot down whatever activity you just completed.

- ☐ Write about your aPC experience—how you’ve felt, and what you’ve learned along the way. Share it with a loved one, or keep it to yourself.
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- ☐ Monitor the trends of your essential health metrics recorded by your doctor in your portal, such as BMI, cholesterol, and blood pressure, over time. Then, track them below by writing the date and corresponding measurement.

	Visit 1 Date:	Visit 2 Date:	Visit 3 Date:
Measurement:			
Measurement:			
Measurement:			

First Step

WEEK 2

- ☐ Substitute one unhealthy fat with a healthy one this week. (Spread avocado on toast or make a nut butter sandwich for lunch.) Write down below.

- ☐ Choose one body-weight exercise, like the sit-to-stand exercise or toe stands, and do it slowly with a focus on your technique. Write down how it makes you feel.

- ☐ Take a moment to reflect on your feelings this week. If you're not immediately comfortable sharing with a partner, write them down. The key is being aware of, and present in, your emotions.

- ☐ Record which calcium-rich foods you have consumed this week.

First Step

WEEK 3

- ☐ Calculate how many grams of protein you are getting and from which protein-rich foods. Record your intake below.

GRAMS OF PROTEIN:

PROTEIN TYPE:

- ☐ Try to incorporate exercise into your daily routine right as you start ADT treatment to help minimize any strength losses.
- ☐ If you are experiencing feelings of anxiety or depression, write them down. Share them with a loved one and with your doctor during your next visit.

- ☐ Talk with your doctor to identify if there are any health risks that may influence your choices of ED management solutions. Write them down here and discuss it with your care partner.

First Step

WEEK 4

- ☐ Identify 2 ways to reduce carbs in your diet. Write down your plan and report your progress.

WAY #1:

WAY #2:

- ☐ Pick a balancing exercise that best fits your doctor's recommendation to practice at least 3 times a week. Jot down how your balance improves as you complete these exercises.

EXERCISE:

NOTES:

- ☐ Choose one of the coping tips provided this week and apply it to your life. Write down how you felt after doing so.

- ☐ The next time a tough conversation comes up with a friend or family member, try utilizing the tips provided this week. Record how you feel about having the conversation.

Going Further

WEEK 1

- ☐ Check out the Dietary Reference Intakes (DRIs) of core nutrient groups [here](#). Identify 1 or 2 foods you can cut back on or remove from your diet. Then find 1 or 2 nutrient-rich foods to replace them with.

FOOD:

REPLACEMENT:

FOOD:

REPLACEMENT:

- ☐ Check your heart rate during a workout. To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute. Record your heart rate below.

- ☐ Write down something you might be thinking or feeling, but have yet to express. Share it with someone close to you and see how it feels.

- ☐ Explore! Try new methods to express intimacy (digital, accessories, etc.) and write down your new favorites.

Going Further

WEEK 2

☐ Snap a picture of your plate and think of how you can make it more colorful.

☐ Find 2–3 new ways to easily burn calories. Aim to burn 200 additional calories per week.

WAY #1:

WAY #2:

WAY #3:

☐ Next time you're feeling fatigued, find 5 minutes to unplug. Write down how you felt and whether or not your mood improved.

☐ Try one new activity within the next week, like dancing with your partner or making a playlist, and reflect on how it makes you feel.

Going Further

WEEK 3

- ☐ Examine your fridge and pantry to look at the food labels of things you currently eat. Write down one or two surprising findings you discover from reading those labels to help you make decisions on what you should watch out for.

SURPRISE #1:

SURPRISE #2:

- ☐ Write down what changes occurred doing your exercises with improved form. What was harder? What was easier?

HARDER:

EASIER:

- ☐ Choose two of the bedtime tips mentioned this week and apply them to your nightly routine. Write down any differences you notice.

BEDTIME TIP #1:

BEDTIME TIP #2:

- ☐ Sign up for an aPC organization near you where you can meet and share with people going through a similar experience.

Going Further

WEEK 4

- ☐ Drink 8 glasses of water a day. Take note of which methods you enjoy and how different you feel after making an effort to drink more water.

- ☐ Pick a location where you can easily take a leisurely walk. Time yourself, and try to beat your time the next time out.

INITIAL TIME:

SECOND TIME:

- ☐ Choose two cognitive activities from this week to practice as frequently as possible. Track how you feel and rate your memory retention as you continue to implement these activities into your daily life.

COGNITIVE ACTIVITY #1:

COGNITIVE ACTIVITY #2:

- ☐ The next time you are really feeling like having a drink, try having one of the alternatives provided this week. While it may not give you a buzz, your body will definitely thank you.

Lasting Impact

WEEK 1

- ☐ Using the recipes from this week (or picking your own based on the food groups mentioned), try to find two new sources of vitamin D or calcium to introduce to your diet.

- ☐ In your fitness schedule, incorporate one bone-strengthening exercise and one balancing exercise at least once per week. Write down how your balance and stability have improved.

- ☐ Try to find 15 minutes a week to spend in meditation. Take note of how you feel after.

- ☐ The next time you feel a fearful thought come on, try to utilize tips from this week to combat those feelings. Reflect after – did it work? These tools will only work if you continuously practice them. Keep it up and don't let fear win.

Lasting Impact

WEEK 2

- ☐ Try a new way to prepare a familiar vegetable – seasoning, cooking style, etc. Write down what it was.

- ☐ Write down 2 things you've done to make your workouts more enjoyable.

WORKOUT UPDATE #1:

WORKOUT UPDATE #2:

- ☐ Identify 3 people in your life worthy of your gratitude and write down why. Write down your gratitude. How does it make you feel to contemplate what brings you joy in life? Make this a regular occurrence to ponder on your gratitude lists every week.

PERSON #1:

PERSON #2:

PERSON #3:

- ☐ Write about the last time you had intimate experiences or feelings with your partner. What was that experience like? How did it make you feel? Then, find time to talk with them about how you can prioritize intimacy in your relationship while navigating side effects from ADT.

Lasting Impact

WEEK 3

- ☐ Try a meat-free alternative in one meal this week and write down what it was.

- ☐ Find one way to incorporate resistance bands into your routine (while watching TV, during a phone call, etc.).

- ☐ Make an intention to repeat at least one daily affirmation to yourself in the mirror every day. Write down some notes about your attitude and general outlook on life before you start this affirmation exercise. Then, after a few weeks of consistent daily affirmations, look back at those notes and see how much your psyche has changed.

- ☐ Check out a local plant store and get yourself some sort of long-lasting plant. Really set an intention to keep this plant alive and thriving – just like you! As you create a connection with this plant, jot down what it means to you to take care of it. What is the relationship between you and the plant and how has it helped you?

Lasting Impact

WEEK 4

- ☐ Write down 2 foods that you ate in order to increase your natural vitamin intake.

FOOD #1:

FOOD #2:

- ☐ Try to find time twice a week to practice a quick, 20-minute yoga session. As you go into your yoga sessions, be sure to set a specific intention. Do you want to focus on balance? Or maybe breathing? Write your intention below.

- ☐ Next time you are feeling negative emotions, try putting on a relaxing, happy song and breathe it out. Write down ways you can use music to better your life.

- ☐ Spend 5 minutes of your day reflecting on how you feel, and use meditation techniques to reach your peace. Try writing down what you feel to see what words come to mind.
