

The Accountability Tracker Week 2

Real or invented name. (Even using an invented name still carries a sense of accountability since you know who you are and your experience will be shared.)	Complete this question each week: What has challenged your wellbeing the most in this past year?	Complete this question each week: What is the one step you are going to take throughout these 6 weeks that will help you recover some greater sense of wellbeing?	What percentage of success did you have in taking your step this week?	Are you feeling better?	How so?
Brynn	COVID	Cardiovascular exercise each week, at least 30 min	50%	No	Haven't but my goal for 30 minutes
farmgirl201	same as last week! pandemic complicating pre-existing family stressors	participating in the Zoom wellness offerings: Mondays walking with Dani and Tues/Wed yoga with Cara	90%	Yes	The walking and yoga really help to make me feel better physically, which reduces my personal anxiety about my sedentary job exacerbating the deterioration of my body as I'm aging
EL	Weather	Enjoying the weather for what it is.	50%	Yes	More energy
Peggy F	Lacking the motivation to plan my meals for the week and exercise.	Walking my puppy when I get home from work, and meal prepping on sundays like I used to.	80%	Yes	I have been sleeping better, and am not eating as many unhealthy snacks during the day.
Kate Ginish	mental health	self care making time for myself	40%	No	I'm not
Jessica	Managing work/life balance	I will ensure that I take some time off from work in the upcoming weeks. Each week I will ensure to not check emails/open up my work computer to review my schedule when off the clock.	40%	Yes	This weekend I wanted to look at my outlook calendar to prepare for the week ahead. I got caught up in replying to emails. This has been an ongoing challenge since working from home.
Kate Ginish	mental health	self care	30%	No	I'm not

					It felt good reconnecting with someone I had not seen face-to-face in over a year. It gave me hope that things would slowly return to normal over the summer. We discussed the idea of having a book club meeting outside in July, and have started to contact the various members to see who is interested. By connecting with that 1 person, I am slowly beginning to connect with others
Melissa	Not seeing family and friends; weight gain	I will connect face-to-face with a friend.	100%	Yes	
Sandy	Isolation	Move my body for at least 10 minutes every day.	70%	Yes	I feel better when I move.
Melony	I have not been able to spend as much time in close contact with my family members. I have not been able to travel to visit with my son who lives out of state.	I am going to start walking to and from work now that the weather is nicer - as many days during the work week that it is not raining.	80%	Yes	Since the weather was warmer and sunnier this week I was successful in walking to and from work (2 miles each day) for 4 out of 5 work days. It makes me happy to take that time each day for myself to support my physical/mental wellbeing. I am going to challenge myself a little more and walk 2 miles on Sat or Sun as well!
Michelle	Overworking. Not enough down time or mental breaks	I will increase mental breaks and down time by stepping outside for at least 5 minutes each work day to disconnect my thoughts from work. On days with bad weather I will step into my art room and work on an ongoing art project for 5 minutes.	50%	Yes	I find my mind feels refreshed when I go back to my computer. I have less physical discomfort with my back and neck from sitting. My joy meter moves ahead.
Kim Paulus	Being in a new place (moved from Montana) and not having a support system of friends/family close by.	I've started having at least one 'virtual' lunch each week with someone that I admire. Just 30 minutes to talk about anything but work.	100%	Yes	Having deep relationships with my co-workers makes me feel like we have a team in which we care about one another in addition to being driven towards a goal. Enriching those relationships helps me to function better.

Ellen	Eating right and getting out for a walk consistently	Walking outside 5 days a weekEating healthy	20%	No	Did not get my walking in :(Did not eat healthy but I have taken one step in the right direction by starting my healthy eating yesterday and being more conscience of what I bought for groceries!!
April	Being isolated from family and friends	To get outside at least 5 days a week to enjoy nature to bring a sense of calm to my life.	60%	Yes	Being outside seeing and listening to all that nature has to offer brings a sense of calm to my life.
TRACY EISENHAUER	COVID	STAYING POSITIVE	90%	Yes	MORE ENGAGED
Positivity	Being away from family and friends.	reconnecting with family via video chat and with all of us now vaccinated, we can gather, remaining socially distance or outside.	50%	Yes	Connecting with family and friends over the phone and video chat.
Carol Blethen	My A1C being 10.4	I have a new Health Coach named Kevin and he has suggested that I walk at lunch and also increase my water intake. I am setting alarms on my phone to know when I need to fill my water bottle up again.	90%	Yes	I am just feeling more positive and my family is starting to notice little changes in my breathing and appearance.
marie	my mental health	keep taking my meds	100%	No	I really thought that loosing 70 would make me feel better about myself, but it hasn't. I still hate looking in the mirror.
Lisa C	sadness	Walking every day, losing wt	70%	No	Not yet. I need to drop a few pounds and then I will see some success.
Heather Edgerly	The inability to get out and do the Normal activities that I have always done in the past. (gym, public national parks, Sports like activities).	I started to get out at lunch and walk a 2 mile path each day.	90%	Yes	My body doesn't ache, I don't feel run down.
Melissa Hafford	Not being able to go out as often or easily as I had before	I will spend time outside each week	100%	Yes	Breathing in the fresh air and climbing a mountain puts me at peace.
Sheila Dickerman	lack of physical activity, but I've never been good about staying physically active.	Goal: more physical activity--stepsSpecific: take at least 4000 steps a day every day I workAchievable: yes, but on busy days it can be challengingRelevant: yes, more walking = more physical activityTime-bound: yes, days I work (usually 3-5 days a wk)	10%	No	Walking is boring. I'd rather do anything else.
Jenna	snacking too much, lack of physical exercise	I will work toward doing 3000 steps each day I work. I will do 2000 steps on days I do not work.	10%	No	I have not been motivated to work toward my goal.

Mary Louise	Eating healthier and getting a good amount of exercise/movement and stretching.	Taking at least 10 mins to stretch.	80%	Yes	Feel better blood flow and relaxed.
Stephen Lilley	Conflicting reports and rules regarding dealing with COVID	Take some PTO more often.	100%	Yes	More relaxed
Caitlin Young	A lack of structure/routine, a lack of healthy, positive, constructive relaxation techniques and ways to reward/enjoy myself - and a consequent overdependence on things like overeating, overspending, rewatching shows I've seen several times before, turning to alcohol, and even smoking cigarettes.	Each morning I will get out of bed when my alarm goes off and complete a one hour long healthy morning routine to plan and prepare myself for the day. Each evening I will complete a one hour long pre-bedtime routine with no television which prepares me for quality rest. This is kinda cramming a few steps into one but I really need an overhaul! Summarized: I will bookend my days with structured, healthy me-time that sets me up for success.	10%	No	I changed my original goal/plan since last week when I couldn't get this form to work, so I haven't really jumped in yet. Today is my morning and evening routine-planning day. Tomorrow I will begin for real!
Whippersnapper	Our country being in a state of political unrest prior to and during time of pandemic has caused anxiety/PTSD. Also, laziness/ sedentary habits have crept in, wanting to hibernate, which has led to apathy.	Starting and finishing day with meditation and yoga 10 min a day.	10%	No	Have not started this yet.
Dawna Stryker	Socializing without worry.	Try and ensure that the people around me are either vaccinated and/or continue to wear a mask.	80%	Yes	I do feel better as I will be able to see friends that were not vaccinated in the past. I am able to be around my social circle up where I live. I do not feel as anxious that I will catch COVID.
Christina Pratley	Keeping myself cheered up	Getting at least 7 hours of sleep	60%	Yes	I found a little relief in realizing that I had followed through by trying every day, doing something to help me get there every day, even if it didn't work perfectly. I really held myself accountable for getting the nightly chores done before bed so that I could focus on consolidating morning activities and get to work on time. It wasn't perfect, but it wasn't a washout, either.

Christina Pratley	keeping myself cheered up	Getting at least 7 hours of sleep	40%	No	The week isn't over yet, though. I still have a chance to improve my success. I am quite sad this week, due to an accumulation of personal challenges that are a bit of a struggle. So I'm not sleeping well, up a lot at night, and that skews my mornings. But I am still trying. Tonight I went back to check my original goal and was very glad to see that I had set it for 7 hours, so I don't guilt too much about not getting 8h. That helps. It is 7:33. I have 27 minutes to eat before heading to bed.
Cheryl F	April 8, 2020 (just weeks after COVID19 outbreak) I receive a phone call telling me I had Uterine Cancer. On April 17, I met my Surgical Oncologist via Video Chat, on April 21, I was in surgery for my complete hysterectomy. Luckily on April 24 I got the call that pathology showed I was cancer free (fully contained within the Uterus). So in addition to adjusting to a life limited by COVID19, I also had the emotional roller coaster of Cancer and being a Cancer Survivor. On an emotional level COVID & Cancer helped me to grow in leaps and bounds and one would think as a Cancer Survivor I would have less Wellbeing Challenges. One year later I have had my All Clear 1 year follow up but found that I have gained almost 20 pounds. I knew physically I felt less active and more tired, but I have gained pounds not necessarily inches. I know this is due to diet/nutrition issues and lack of physical activity. So my biggest challenge is how to improve those 2 areas. Right after my surgery I was excited because I had started losing weight, but that turned on me.	I just learned that EMMC has a Fitness Center. I was thinking of joining. I need to take action to join. This past week I did start eating Salads again. I need to eat less fast food Take out and more healthy meals at home. Having salad as a meal 2 to 4 times a week is my goal.	50%	No	Too soon to make a physical impact. and historically I do not always follow through so even though I was successful have Salad for 2 meals this past week. I fear I will not follow through
Britta Baron	gaining weight	trying to eat smaller portions	30%	Yes	I am working out each day and trying to eat smaller portions
Jan Rines	not moving enough	I plan to start walking again now that I can do so safely without snow and ice	40%	Yes	I can feel the depression lift after even a quick walk

Dee	with staying home more I have not been as active	getting outside at least 5 days a week	60%	Yes	getting outside and walking helps me recenter myself with multiple benefits for my mental health and my overall health
Rachel	This seems a funny question to answer every week. In reflection about challenges to well-being over the past year, it seems a question that can be answered only once, they are not likely to change every week. Last week, I answered that my challenges were most around not being able to see family and friends and dependence on technology which brings with it a feeling of frustration and endless, mindless chatter.	Last week, I set time limitations on my usage of Facebook and Instagram to allow me only a small amount of time for endless scrolling on social media (10 min on Instagram and 15 min on Facebook). It was easy to set timers on the app which alert me when my time is up. My intention is to follow this everyday and not ignore the timers in order to get more time. In addition to this step, I will add an intention to do 5 min of something active once the timer is up...a strength exercise, stretching or walking. This way I increase my activity level in a small way that I can build on as it becomes habitual. I get a reasonable dose of social media and the benefits of movement.	100%	Yes	I was able to stick to my social media limits 100% this past week which made me feel less attached to my technology and less brain-numbing activity. I have a habit of scrolling at the end of the day and using this alone time to wind down. But it keeps me from partner time. Setting limits helps me connect more with my partner at the end of the day. This was definitely an easy goal to achieve with the app timer limits. Now to add the activity will require more active dedication from me.
Reverend John Brown	Weight loss and regular exercise	note what I eat daily, eat less than 1800 calories, exercise 4-5 days a week walking for at least 30 minutes	40%	Yes	I have lost 8 lbs in the last 8 weeks, but am on a plateau....
Missy	Everyone being in the house at the same time, all the time	going to places again, I have stayed home for the most part	70%	Yes	It is nice to see people again besides just the ones in the house
KRISTI MCGOWN	Grief	Meditation to help with sleep & stress	60%	Yes	Starting to sleep better occasionally without medicine