

# HABIT MATRIX

Behavior 1	Behavior 2	Benefits of bettering behavior	Problems resulting in
Eating	Exercise	<ul style="list-style-type: none"> <li>• Properly fuel your workouts so that you can perform your best</li> <li>• Have energy to exercise so that you feel like exercising</li> </ul>	<ul style="list-style-type: none"> <li>• Bonking in the middle of exercising/not being able to complete your workout</li> <li>• Eating too close to exercise can create nausea or discomfort</li> </ul>
	Sleep	<ul style="list-style-type: none"> <li>• Eating the right amount and types of foods will contribute to good digestion and proper sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Eating spicy food can cause sleep disruption</li> <li>• Eating too close to sleep can cause sleep disruption</li> <li>• Eating too much starch can cause night sweats</li> <li>• Eating too much starch can cause you to wake</li> <li>• Not eating enough can cause you to wake due to hunger</li> </ul>
	Stress	<ul style="list-style-type: none"> <li>• Reduces stress because the body has less inflammation (and potentially pain/irritation)</li> </ul>	<ul style="list-style-type: none"> <li>• Eating a high inflammatory diet can increase the stress response in the body &amp; negatively impact mood.</li> </ul>



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Exercise	Eating	<ul style="list-style-type: none"> <li>• Many folks report that when they're exercising, they automatically improve their eating habits</li> <li>• Exercise can reduce hunger</li> </ul>	<ul style="list-style-type: none"> <li>• Overexercising can increase appetite</li> </ul>
	Sleep	<ul style="list-style-type: none"> <li>• Can help improve quality of sleep because the body has expended excess energy</li> </ul>	<ul style="list-style-type: none"> <li>• Exercising too close to bed-time can cause sleep disruptions</li> <li>• Not getting adequate exercise can lead to feeling 'wired but tired': the brain is tired from thinking but the body still feels energized.</li> </ul>
	Stress	<ul style="list-style-type: none"> <li>• Exercising at the right levels can help us to manage our stress levels better</li> </ul>	<ul style="list-style-type: none"> <li>• Over-exercising can cause fatigue, irritability, depression &amp; other mood swings.</li> <li>• Not exercising can lead to increased anxiety, poor self-image, stress management, and mood regulation.</li> </ul>



Behavior 1	Behavior 2	Benefits of bettering behavior	Problems resulting in
Sleep	Eating	<ul style="list-style-type: none"> <li>We make better eating choices when we get proper sleep</li> </ul>	<ul style="list-style-type: none"> <li>Poor sleep can cause cravings for high starch foods</li> </ul>
	Exercise	<ul style="list-style-type: none"> <li>When we get good quality sleep, we have energy to exercise</li> </ul>	<ul style="list-style-type: none"> <li>When we don't get enough sleep, we feel sluggish &amp; don't have the energy to exercise</li> </ul>
	Stress	<ul style="list-style-type: none"> <li>We have the cognitive function to manage our stress better</li> </ul>	<ul style="list-style-type: none"> <li>Poor sleep will negatively influence our ability to problem solve, and may reduce our ability to respond instead of react in situations.</li> </ul>
Stress	Eating	<ul style="list-style-type: none"> <li>Can help us to plan and follow through with healthy eating behaviors</li> <li>Can help us stay organized which will help us to stick to plan</li> </ul>	<ul style="list-style-type: none"> <li>Can lead to emotional/stress eating</li> <li>Can lead to haphazard eating behaviors</li> </ul>
	Exercise	<ul style="list-style-type: none"> <li>Allows us time to plan and follow through with exercise commitment</li> </ul>	<ul style="list-style-type: none"> <li>Can lead to poor time management which reduces likelihood that you'll follow through with exercise plan</li> </ul>
	Sleep	<ul style="list-style-type: none"> <li>Contributes to good sleep quality</li> </ul>	<ul style="list-style-type: none"> <li>Can contribute to waking in the middle of the night due to anxiety, worry, or other stress related issues.</li> </ul>

