

HEALTHY HABITS PLAN

Have you noticed areas where you can make changes in your daily routine to promote healthy habits? We encourage you to start with small changes and continue monitoring your weather forecast. Choose one category to trial first. You can utilize this handout for additional categories as you feel ready. Be SMART – specific, measurable, attainable, realistic, and time oriented.

Mindful Eating

1. To think clearer, I will adjust my eating habits by:

Examples: Minimizing takeout meals to 1x per week, eating leafy greens each day, reducing caffeine intake to 8 oz.

2. I can ensure my success by:

Examples: buying groceries for the week to reduce temptation to eat out, planning meals to incorporate leafy greens often, removing preferred caffeine products from home.

Physical Activity

1. To think clearer, I will increase physical activity by:

Examples: walking around the block each day, attending a Zumba class, vacuuming 2x per week.

2. I plan to increase my physical activity by:

- 5-10 minutes
- 10-20 minutes
- >30 minutes

3. I can ensure my success by:

Examples: walking after breakfast when I have the most energy, inviting family and friends to participate in classes with me, setting a timer on my phone.

Rest and Sleep

1. To think clearer, I will increase rest and sleep by:

Examples: completing deep breathing exercises 3x per day, taking a bath before bed 3x a week, reading at least 1 chapter in a new book, limiting my nap to 30 minutes.

2. I can ensure my success by:

Examples: setting reminders on my phone, asking a friend to read the book with me, etc.