Improve Eating Habits

• Start your day with breakfast
• Include a fruit or vegetable with every meal or snack
• Reduce portion sizes
• Eat slowly and eat only until you are no longer hungry
• Choose to eat more nutrient-dense foods
• Eat whole foods instead of highly processed foods

Get Moving

• Start slow
• Find a buddy
• Do regular physical exercise

When Eating and Exercising Aren’t Enough

• Stress management
• Simplify
• Safety first
• Stop smoking and limit alcohol consumption
• Sleep well
• Surround yourself with positive people
ACTION PLAN
for healthy living
Develop an Action Plan

- Find something you WANT to do.
  Make it:
  - Achievable – Something you can expect to do this week
  - Behavior specific – Losing weight is not an action, but cutting out a bedtime snack is . . .
  - Confidence level of 7 or more

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**My Action Plan**

This week I want to...

What? walk

How much? 1 mile

Time of day? before work

How many times? 3 days a week

How confident are you? 7

(0 = no confidence; 10 = total confidence)

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**My Progress**

<table>
<thead>
<tr>
<th>Day</th>
<th>Did it?</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>☐</td>
<td></td>
</tr>
<tr>
<td>Tues</td>
<td>☑️</td>
<td>called to work early</td>
</tr>
<tr>
<td>Wed</td>
<td>☑️</td>
<td>great day to walk!</td>
</tr>
<tr>
<td>Thu</td>
<td>☐</td>
<td>windy but did it!</td>
</tr>
<tr>
<td>Fri</td>
<td>☐</td>
<td>thunderstorm in a.m.</td>
</tr>
<tr>
<td>Sat</td>
<td>☑️</td>
<td>drove car pool</td>
</tr>
<tr>
<td>Sun</td>
<td>☑️</td>
<td>walked a.m. and p.m.</td>
</tr>
</tbody>
</table>

Comments:

- beautiful day to walk