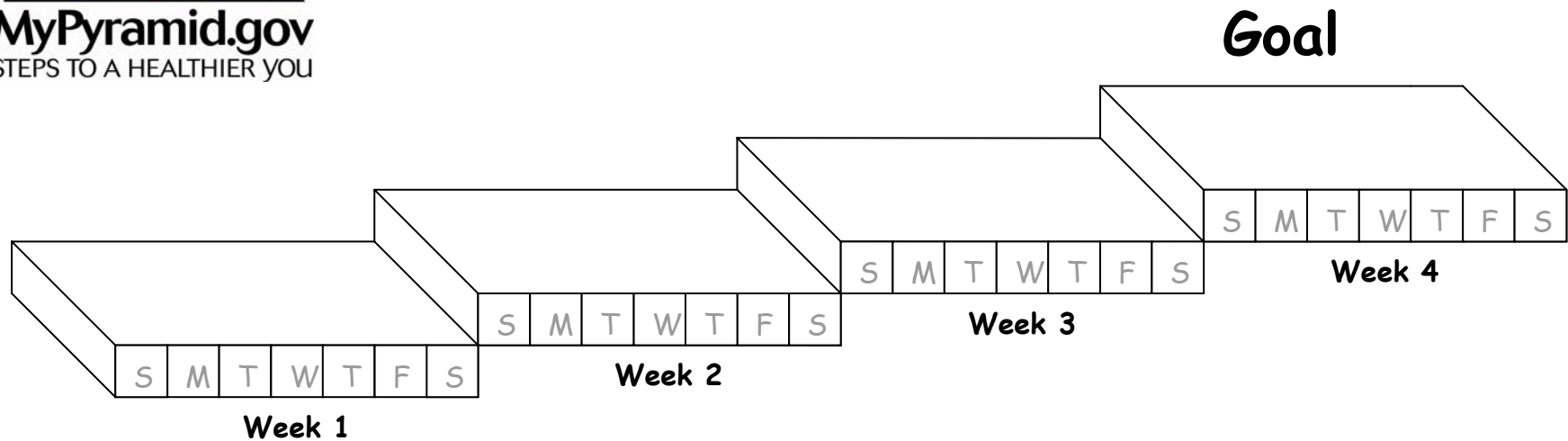




# Steps to a Healthier Me



1. On the top step, write down something healthy you'd like to be doing regularly one month from now. (Examples: Walk 40 minutes per day. -OR- Eat 2 cups of vegetables per day.)
2. On top of steps for weeks 1, 2 and 3, write down something you would do each week to gradually move toward your goal. (Examples: Week 1-Walk 10 minutes per day, Week 2-Walk 20 minutes per day, Week 3-Walk 30 Minutes per day. -OR- Week 1-Eat  $\frac{1}{2}$  cup of vegetables per day, Week 2-Eat 1 cup of vegetables per day, Week 3-Eat 1  $\frac{1}{2}$  cups of vegetables per day.)
3. Check the day of the week boxes for each day you do what you planned.
4. Each week you do what you planned for 5 of the days, give yourself a healthy reward.
5. When you've done what you planned for 5 of the days in week 4, celebrate for reaching and sticking to your goal.