

# HEALTHY HABITS

My Action Plan




DATE: \_\_\_\_\_

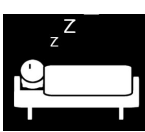
NAME: \_\_\_\_\_


I want to be healthy.


I will work on the goal below:


\_\_\_\_\_ Eat healthy 


\_\_\_\_\_ Be more active 


\_\_\_\_\_ Sleep better 

\_\_\_\_\_ Use bathroom on time 

\_\_\_\_\_ Hydrate better 

\_\_\_\_\_ Work on my stress 

\_\_\_\_\_ Keep clean 

\_\_\_\_\_ Take my medicine 

\_\_\_\_\_ My own goal: \_\_\_\_\_

**My Plan :** \_\_\_\_\_

\_\_\_\_\_

How much: \_\_\_\_\_

How often: \_\_\_\_\_

When: \_\_\_\_\_

Where: \_\_\_\_\_

With who: \_\_\_\_\_

Start date: \_\_\_\_\_

What makes this hard for me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MY CALENDAR

A habit is an action that a person does over and over in a regular way. Once you have a habit, it is easy to do and hard to stop. I will practice to make a new habit.

I will mark every day that I meet my goal.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

### IDEAS TO HELP ME WITH MY GOAL:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

