easy HABITS ⟳

It's easy to create a healthy new habit for yourself or your family.

1

Decide what new habit you want to start.

2

Choose a time and place when it's easy to do each day.

3

Celebrate each time you do it.

1 What do you want your new habit to be? _____

2 When will you do it each day? _____

3 How will you celebrate each time? _____

ACTIVE FOR LIFE®