

DIET

Make it Easy

Stay *Positive*

Ditch the Numbers

When hungry, we go for whatever is easier for us (Pop Tarts, ramen, etc.).

Having fruits and veggies more readily available will help make them more appealing.

Your brain reacts better to positive information and rewards. Focus on what to eat **more** of, instead of *less* of. (“Eat **more** veggies” instead of “Eat *less* meat”).

Don't get caught up in the numbers. Scales may not show the progress you are making.

Your weight **changes** depending on hydration, sickness, sleep, etc.

FITNESS

GO small OR GO HOME

NO PAIN, NO... WE'RE OKAY!

Low weight / High reps. This creates lean muscle, which lasts forever, is *less* prone to injury, and tones better.

Do **1** thing different. Tell someone a *simple* thing you want to start doing and **try your best** (running, swimming, lifting, etc.),

Listen to your body. If you are doing an **arm** exercise, your back *should not hurt*.

Ask for help! Everyone started somewhere. Get the form down **FIRST** and add weight **LATER**.

LIFE

Water is BAE

BE GRATEFUL

Sleep it off!

Drink Up!

Without water: you get stressed more easily, have less energy, get itchy skin, injured more often, have bad breath, get migraines and are more susceptible to illness and disease. **Drink it!**

People who show **more gratitude...** are liked more by others, sleep better, have more energy, and have improved health.

Use an alarm!

Set an alarm *to remind you to go to bed*.

Don't skip it!

Sleep hours are something you will never gain back. Even *just 1 bad night*, you will be **hungrier**, more apt to **eat more**, more likely to have an **accident**, more likely to get **sick**, more **emotional**, and it'll be harder to **focus**. **Don't do it!**

Habit Maker/Breaker

Instructions

Studies show habits can be formed (or broken) in 21 days. Use this guide to help you get on your way to a healthier life.

- Step 1: Circle one category you would like to set a goal to improve in the next week
- Step 2: Write one thing you can do to improve that category in the GOAL box.
- Step 3: Pick a metric (number) that you are going to track so you can measure your progress for your GOAL (grades, time, calories, hours, # of occurrences, etc.)
- Step 4: Track your metrics in the table below over 3 short weeks.

Category: **Sleeping** **Exercise** **Eating** **Studying** **Relationships** **Family** **Friends** **Self**

GOAL:

Metric:

Day	Metric	Notes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		

Day	Metric	Notes
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
Yay!		