

Healthy life action plan

Your goal: (eg. Eat more fruit & veg) _____

New everyday habit: (eg. Eat an apple after lunch) _____

Steps to support your new habit:

Step 1: (eg. Buy 7 apples every week) _____ **Step 2:** _____ **Step 3:** _____

Your progress

Tick for everytime you do your new behaviour - 60 times makes it a habit!



Good start reward: _____

1st reward: _____

How do you feel? _____



2nd reward: _____

How do you feel? _____



3rd reward: _____

How do you feel? _____



4th reward: _____

How do you feel? _____



5th reward: _____

How do you feel? _____



6th reward: _____

How do you feel? _____

i Don't worry if you slip up

We all forget things sometimes so don't worry if you miss a day or two, keep going because you haven't failed.