Healthy life action plan

Your goal: (eg. Eat more fruit & veg)	New everyday habi	(eg. Eat an apple after lunch)
Steps to support your new habit:		
Step 1: (eg. Buy 7 apples every week)	Step 2: Ste	ep 3:
Your progress Tick for everytime you do your new be	haviour - 60 times makes it a habit!	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.
Good start reward 1 2 3 4 5 6 7 8 9 10 Well done, 10 completed! Good start reward:	11 12 13 14 15 16 17 18 19 20 Good on you, 20 completed!	21 22 23 24 25 26 27 28 29 30 Half way! 30 completed!
1st reward:	2 nd reward:	3 rd reward:
How do you feel?	How do you feel?	How do you feel?
31 32 33 34 35 36 37 38 39 40 Tremendous, 20 to go!	41 42 43 44 45 46 47 48 49 50 Excellent, only 10 left!	51 52 53 54 55 56 57 58 59 60 Congratulations!
4 th reward:	5 th reward:	6 th reward:
How do you feel?	How do you feel?	How do you feel?