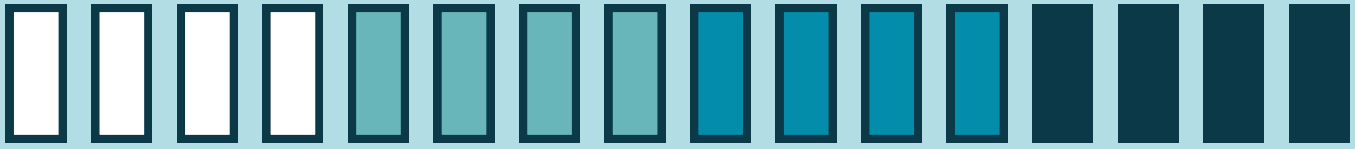
Healthy Habit Builder

Your Plan to Build and Maintain Healthy Habits

Top 3 causes of not having healthy habits	Top 3 feelings that you want	Top 3 costs of not having healthy habits

Bandwidth Meter

How much do you have to spare for healthy habits?



Anything that you can get rid of to free up some bandwidth?

Overcoming U Healthy Habits

- Hydration
- Healthcare
- Nutrition
- Decreased Alcohol
- Proper Sleep
- Physical Activity
- Stress Management
- Decreased Tobacco

Healthy Habits I would like to prioritize now:

1.
2.
3.

GET SPECIFIC

Healthy Habits I would like to prioritize later:

1.
2.
3.

GET SPECIFIC

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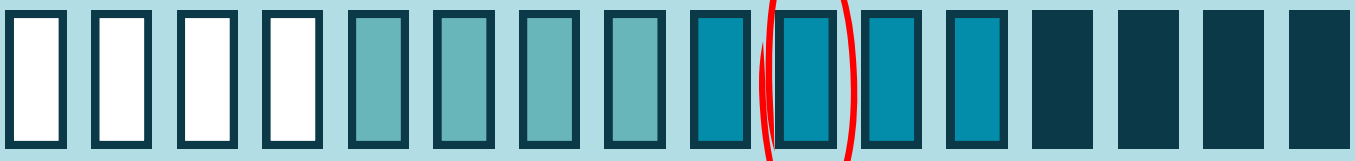
Healthy Habit Builder

Your Plan to Build and Maintain Healthy Habits

Top 3 causes of not having healthy habits	Top 3 feelings that you want	Top 3 costs of not having healthy habits
Don't know where to start	Peaceful	Can't play fetch with dog
Burned out on salads	Confident	Spending money on takeout
Low back pain	Accomplished	Feeling bleh all of the time

Bandwidth Meter

How much do you have to spare for healthy habits?



Anything that you can get rid of to free up some bandwidth?

Overcoming U Healthy Habits

- Hydration
- Healthcare
- Nutrition
- Decreased Alcohol
- Proper Sleep
- Physical Activity
- Stress Management
- Decreased Tobacco

Healthy Habits I would like to prioritize now:

		GET SPECIFIC
1	Physical activity	Low back exercises
2	Nutrition	Research bento box recipes
3	Stress management	Alarms for deep breathing

Healthy Habits I would like to prioritize later:

		GET SPECIFIC
1	Proper sleep	Put notepad by bed- wakeups
2	Hydration	Buy lemons for lemon cubes
3	Healthcare	Find new GI doc

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Healthy Habit Builder

Your Plan to Build and Maintain Healthy Habits

Create Your Healthy Habits

Create a goal

Detail a SMART goal

Assess at 2 weeks

Solutions to obstacles

Reassess at 2 weeks

Add NEW Habit

S	M	A	R	T
SPECIFIC	MEASUREABLE	ATTAINABLE	RELEVANT	TIME-BOUND
G	O	A	L	S

Long-Term Outcome

Detail a SMART Goal

Percentage of success for your SMART goal in two weeks?

_____ % **Success Rate**

Successful Solutions - What helped you succeed?

Solution #1

Solution #2

Setback Obstacles - What obstacles got in your way? What are your solutions?

Obstacle #1

Solution #1

Solution #2

Obstacle #2

Solution #1

Solution #2

Reassess every two weeks. Add new habits as you are successful!

- Create a supportive mindset.
- Keep it simple.
- Learn to set effective goals.
- Redefine sustainable success.

TRY, TRY AGAIN!

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Healthy Habit Builder

Your Plan to Build and Maintain Healthy Habits

Create Your Healthy Habits

Create a goal

Detail a SMART goal

Assess at 2 weeks

Solutions to obstacles

Reassess at 2 weeks

Add NEW Habit

S	M	A	R	T
SPECIFIC	MEASUREABLE	ATTAINABLE	RELEVANT	TIME-BOUND
G	O	A	L	S

Prevent boredom and save money by adding more variety to lunches.

Long-Term Outcome

Shop Sunday morning and prep three bento box lunches for MWF lunches.

Detail a SMART Goal

Percentage of success for your SMART goal in two weeks?

66 % **Success Rate**

Successful Solutions - What helped you succeed?

Reading articles on dips for veggies.

Solution #1

Making grocery list on Saturday.

Solution #2

Setback Obstacles - What obstacles got in your way? What are your solutions?

Forgot lunch at home.

Obstacle #1

Post-it note by key holder.

Solution #1

Bring two lunches in at once.

Solution #2

Sandwich was soggy and gross.

Obstacle #2

Pack sandwich fixins separately.

Solution #1

Buy crustier bread.

Solution #2

Reassess every two weeks. Add new habits as you are successful!

- Create a supportive mindset.
- Keep it simple.
- Learn to set effective goals.
- Redefine sustainable success.

TRY, TRY AGAIN!

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