HEALTHY
HABITS

WEEK: ..... DATE: .....

My time for CHANGE

EMMA WILSON FITNESS

Drink 2.5L water each day	Try different types of exercise until I find something you like
Plan meals ahead of time	Get into bed 20 minutes earlier than usual
Focus on achievements that aren't related to weight e.g. waist measurements, energy levels, strength, fitness	Stand up from your desk every hour to do 1 minute of activity
Avoid caffeine after midday	Try a new vegetable every week
Practice deep breathing for 2 minutes each day	Spend 10 minutes everyday outside in nature
Ensure there are 7-10 vegetables in each day	Write a to-do list at the end of the day to help you feel in control
Limit alcohol intake	Avoid the 'all or nothing' mindset
Snack on exercise - add small bursts of activity throughout the day	Replace any negative thoughts about appearance with positive ones
Write down 1 thing that I'm grateful for every day	Don't use electronic devices 10-30 minutes before bedtime
Have a source of protein in every meal	Practice good sleep hygiene
Use whole foods rather than processed alternatives	Practice mindful eating
Be kind to yourself and focus on positive self-talk	Turn off unnecessary notifications on your phone or tablet