

# CHANGE YOUR LIFESTYLE

FOR A HEALTHY LIFE



## Daily routine

What would you like to add to your daily routine?

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## Habits

Write the habits you would like to change:

I would like to \_\_\_\_\_ more  
I would like to \_\_\_\_\_ less



## Diet

Think of the 3 healthier food swaps:

- \_\_\_\_\_ - \_\_\_\_\_
- \_\_\_\_\_ - \_\_\_\_\_
- \_\_\_\_\_ - \_\_\_\_\_

