

Tell us about your habits, Have you tried something new to keep healthy?

We have just...

We have already ...

We haven't ... yet.
(but we want to)

Tell me about ...

1. Something you have just started to change about your health
2. Something you have already tried, before other people told you about it.
3. Something you have not given a chance yet, but you would like to try it.
4. Something you have just stopped eating or doing.
5. Something you have already included in your diet or routine.

Have you ...?

1. cut on _____?
2. started _____?
3. stopped _____?
4. tried _____?
5. eaten _____?
6. included _____ to your diet?
7. _____ to relax?