

CHANGE YOUR LIFESTYLE

FOR A HEALTHY LIFE



Daily routine

What would you like to add to your daily routine?

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:

- _____ - _____
- _____ - _____
- _____ - _____

