

Homework Assignment: How to make a healthy nutrition habit STICK!

1. Pick ONE healthy change you'd like to make in your nutrition habits.

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2. Motivation: START WITH YOUR WHY from assignment #1! Why do you want to make this new nutrition habit?

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3. Imagine having this healthy habit for Your Lifetime. If you can't see yourself doing this for the next 40 years, go back to #1 and pick a new one.

4. Plan for success

-Cue: What will cue you to do this new habit?

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-Action: What will your action be in response to the cue?

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-Reward: What will make you feel good about doing it?

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5. Do it everyday for a minimum of 40 days. Use your resource of willpower in this ONE area for 40 days until a HABIT is established!