

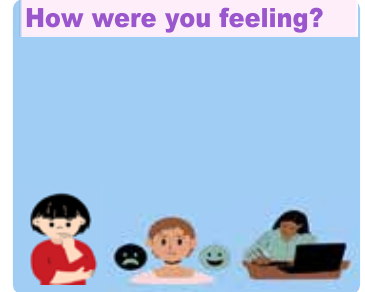
Building Healthy Habits

To stop the responding cues that prompt unhealthy habits, this worksheet will help you consider ways to respond in different ways. This can be difficult at first but gets easier over time as the prompting cues power and new habits are built. Try by thinking about the last time you decided to skip a planned activity, like exercising, what cues trigger you?

Think about something recently when you didn't follow through on a planned activity or exercise:



When a cue is tied again and again with the same response, a habit is formed.



Science has discovered almost anything can become a behavior cue

- Sights and sounds.** TV commercials
- Places.** a theaters, desk at work
- Activities.** Driving, reading, watching videos.
- People.** Family, friends, co-worker.
- Time of Day.** Late at night, after work.
- Feelings.** Boredom, loneliness, joy.

Consider options to respond to cues in different ways:

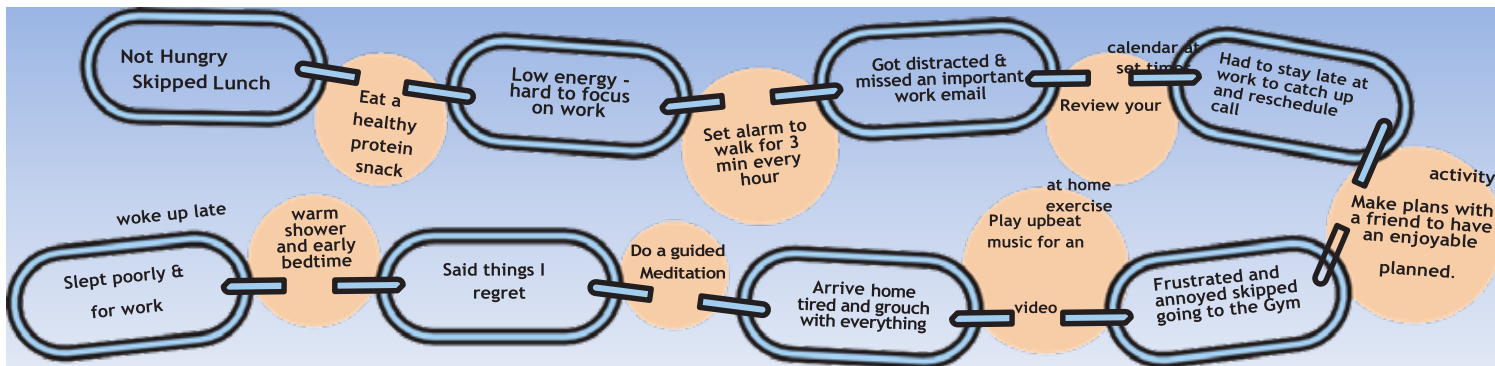
- Activities:** Instead of sitting around on the couch or at the computer, do chair exercises, clean a closet, do leg lifts go for a walk or meet up with a friend at a museum.
- Emotions:** Practice mindfulness. In the presence of strong feelings or other distracting cues, take two minutes to focus on your breathing. Pay attention to your body and notice if you are feeling physically tired, thirsty or need a healthy snack.



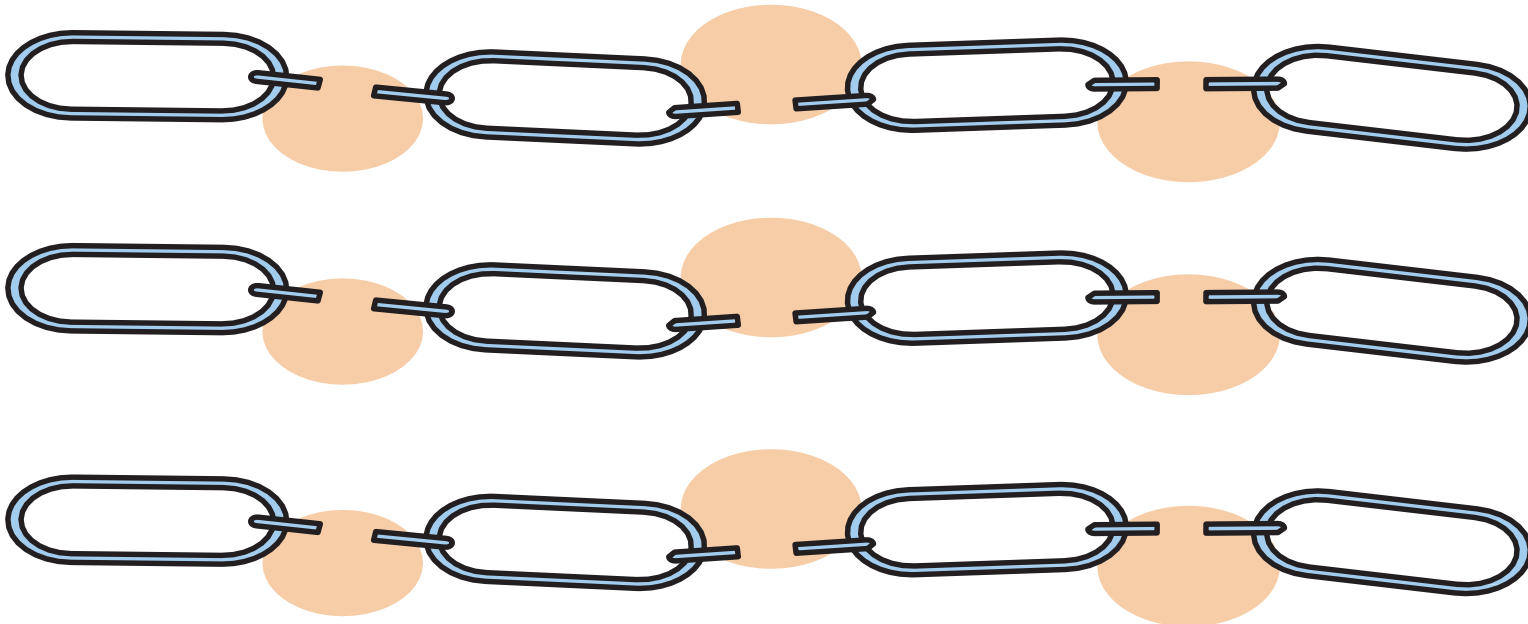
List your cues and ways you might respond to differently:

You can make the power of cues work for and not against your healthy habits!

BEHAVIOR CHAINS - Sometimes it's helpful to see the result of a string of cues links in a chain and then ways to 'break' the links apart for a different outcome!



Write your own scenario AND describe ways you could break the links with a healthy option!



REWARDS In the box below, write some rewards that appeal to you or circle things you like

 Game night	 Go shopping	 Sunset	 Time with friends
 New book	 Listen to music	 Watch a movie	 Get hair done

Time Management

Finding time for healthy eating, activity, and weight control can be a daily challenge. Lack of time is one of the most common reasons for slower than expected progress in meeting healthy weight goals. This worksheet considers how much time and why you spend time on various activities. By thinking about all the things you do each day, you can often discover options to shift things around to spend more time on the things that matter more to your well-being.



Why might it be important for you to make time for health focused activities? Consider the short-term and long-term benefits of healthy eating, exercise, and achieving a healthy weight. Circle any that apply and list other that feel most meaningful and bring joy and creative energy into our life.

Short-term benefits of healthy lifestyle choices:

- More energy, Sense of accomplishment, Better sleep
- Additional benefits:

Long-term benefits of healthier choices:

- Fitness, Lower risk of disease. Less pain
- Additional benefits:

FINDING TIME

Complete this chart to find ways to balance time for healthy eating, activity, and self-care.

1. Reduce time spent in low-value activities. A powerful, time-saving tool is to examine whether the time you spend on activities matches your beliefs about the importance of activities. Review the list of activities below and consider how important each activity is to you. Then, mark whether you are spending too little, just enough, or too much time on each activity. There may be ways to make time spent in daily activities better match your values and goals.

My Daily Activity	I spend too little time	I spend enough time	I spend too much time
Housework			
Livelihood: job, career, vocation			
Caring for family, loved ones and pets			
Physical Activity – intentional movement and exercise			
Healthy Eating - meal planning, shopping, cooking, enjoying			
Sleep & Relaxing bed time routine			
Personal hygiene and health appointments			
Reading, learning, education (includes classes, school)			
Creative work (hobbies, music, dance, arts)			
Shopping – in person or online			
Quality time with family and friends (including online)			
Writing/journaling/texting/emailing (non-work)			
Screen-time: Social Media, Watching videos/TV, Games, etc.			
Money management (bill paying, working on finances)			
Spirituality (organized or on your own)			
Meditation and Mindfulness			
Volunteering and activism			
Travel and cultural events (includes planning)			
<i>Other daily activities:</i>			

Are there any activities where you are spending too much or too little time? If yes, consider how you could make more room for the higher-value activities? **For example**, if you spend too much on social media, could you try reducing that time by 30 minutes each day to create time for a morning walk or getting more sleep?

To make time for good health and the benefits it brings, the low-value activities that I can spend

Less Time On: _____

MORE Time ON: _____

2. Weave into Daily Life. Another way to manage time is to make healthy behaviors a part of your daily routine so they seem less burdensome and more automatic. Here are some suggestions:

- Plan your weekly meals as a family or with a friend and trade off nights each cooks
- Shop for convenience: mixed greens, pre-cut veggies, pre-cooked shrimp or chicken
- Make quick & easy meals, look on line for healthy crock pot recipes for more than one meal and freeze servings for future use or pre-pack for nutritious lunches
- Consider if a meal/grocery delivery service might work for you
- Find an interesting meet-up group or visit the zoo, a park or play mini-golf with the kids
- Walk to local spots for errands like a haircut, library, pharmacy, morning coffee, or visiting a friends



List ways you can weave healthy habits into your daily routine this week:

3. Prioritize Helpful Strategies. A final strategy is to pick the behaviors that work best for you.

Check-off **TOP THREE Strategies** you will work on this week. List details plus day(s) & times for each selection. Focus on those strategies and reduce time you spend on the other activities.

- Daily movement or increasing moderate activity _____
- Journaling - setting and monitoring progress on my goals _____
- Tracking to help reduce gastric side effects of medications _____
- Food shopping and planning to eat more healthy meals _____
- Preparing nutritious meals - prepping, cooking and clean up _____
- Eating Mindfully and fully focused meals without distractions - _____
- Keeping healthy foods on hand and knowing what's best to eat _____
- Walking daily, joining a walking group, or using exercise videos _____
- Completing worksheets regularly and incorporating what I learn _____
- Create your own: _____