





## Weekly Change Checklist

	<ul style="list-style-type: none"> <li>• Hydrate with Water</li> <li>• Keep a Food Journal</li> <li>• Take a Multivitamin</li> <li>• Have 4 – 6 Servings of Vegetables</li> <li>• Read Nutrition Labels</li> <li>• Eat a Balanced Breakfast</li> <li>• Choose Whole Grains</li> <li>• Eat 5 Small Meals a Day</li> <li>• Have 2 – 3 Servings of Fruit</li> <li>• Choose Low-fat Dairy</li> <li>• Have Healthy Portions</li> <li>• Eat Fish Twice a Week</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid Sweetened Beverages</li> <li>• Balance Meals So They Are Satisfying</li> <li>• Cut Out Fried, Fast and Baked Foods</li> <li>• Choose Lean Cuts of Meat</li> <li>• Cook at Home More, Eat Out Less</li> <li>• Avoid Food Additives</li> <li>• Have 3 Cups of Beans per Week</li> <li>• Practice Mindful Eating</li> <li>• Eat Healthy Fats in Moderation</li> <li>• Cut Out Sodium</li> <li>• Be Smart When Food Shopping</li> <li>• Indulge 15% of the Time</li> </ul>
	<ul style="list-style-type: none"> <li>• Get 7 to 8 Hours of Sleep</li> <li>• Have an Optimistic Outlook</li> <li>• Enjoy Time Alone</li> <li>• Breathe Deeply</li> <li>• Laugh Often</li> <li>• Live with Purpose</li> <li>• Build Healthy Relationships</li> <li>• Give Back</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to Say “No”</li> <li>• Enjoy a Hobby Weekly</li> <li>• Spend Time in Nature</li> <li>• Communicate Effectively</li> <li>• Actively Participate in Your Life</li> <li>• Create and Maintain a Budget</li> <li>• Practice Your Personal Spirituality</li> </ul>
	<ul style="list-style-type: none"> <li>• Get Routine Activity Every Day</li> <li>• Stretch 20 Minutes, 3x a Week</li> <li>• Aerobic Activity 30 min - 3x a Week</li> </ul>	<ul style="list-style-type: none"> <li>• Strength Train 20 min - 3x a Week</li> <li>• Follow a Prevention Plan</li> <li>• Strengthen Your Core 10 min - 3x a Week</li> </ul>
	<ul style="list-style-type: none"> <li>• Keep Allergens Out of Your Home</li> <li>• Use Non-Toxic Cleaning Products</li> <li>• Buy Organic Food</li> <li>• Reduce Dust in Your Home</li> </ul>	<ul style="list-style-type: none"> <li>• Declutter Your Home</li> <li>• Avoid Toxic Chemicals in Personal Products</li> <li>• Wear Sunscreen</li> </ul>