Name _____

Begin Date _____

End Date _____

Most of us have a few bad habits that really don't nurture and support us. Experts say that to break a habit you need to replace it with a different 'healthier' habit.

It is helpful to have a daily reminder until your new habit becomes as natural as brushing your teeth. Try this checklist for the next 21 days to get you started.

Daily Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Drink Water																					
Pack a Healthy Lunch																					
Walk to Work																					

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