



Stop Wishing, Start Doing



1. Write it down

The health goal I'm committing to is to:

Eat healthier, lose weight, lower A1C



2. Choose an action

I can make progress by:

Adding vegetables to two meals a day

Ordering a salad instead of a burger



3. Take 2 minutes

No matter what, I can...

Thaw frozen vegetables, put a glass of water on the table



4. Lower friction

To make it easier, I can...

Add vegetables to my grocery list, check menus early



5. Be accountable

This is the person I'm going to tell about my plan:

[Name here]

This is the next time I'll check in:

[Date here]

This is how often I'll check in:

[Frequency here].