

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Choose to Change Commitments**

“I choose to change”

One of the big downfalls of people attempting to change, is that they try to take on too much at once. Reaching your ultimate goal will come from accomplishing a lot of little changes. This challenge is about focusing on those smaller things that will take you a few steps closer to your goal. Choose 1-3 things to work on for 4 weeks. When those behaviors become habit, move on to new ones. Wear your free “I CHOOSE TO CHANGE” wristband as a reminder of your commitment. \*It is important to note that, while you may have committed to certain behavior changes for this time period, if you break that commitment for any reason, it’s not over. Don’t give up on it. Don’t guilt yourself about it. Don’t let it define you. Forget it and begin again. Don’t let perfect get in the way of good.

***I will…*** (Circle 1-3 items listed below or add your own.)

\_\_\_\_Work out \_\_\_\_ times per week

\_\_\_\_Not eat after dinner

\_\_\_\_Eat protein with every meal

\_\_\_\_Go for a walk after dinner \_\_\_\_ times per

week

\_\_\_\_Not drink alcohol during the week

\_\_\_\_Not eat while watching tv

\_\_\_\_Get 8 hours of sleep

\_\_\_\_Eat breakfast

\_\_\_\_Preplan my dinners for the week

\_\_\_\_Single serving only at dinners

\_\_\_\_Not sitting more than an hour without getting

up and moving around

\_\_\_\_Take the stairs not the elevator

\_\_\_\_Park farther away and get the extra walk

\_\_\_\_Write down 3 things that made me happy at

the end of each day

\_\_\_\_Take 5 minutes to just sit and breathe as soon

as I get home from work

\_\_\_\_Preplan my snacks for the week

\_\_\_\_Drink at least eight 8oz glasses of water each

day (roughly 2 liters)

\_\_\_\_Eat at least \_\_\_\_servings of fruits or

vegetables per day

\_\_\_\_Not eat processed food \_\_\_\_days per week

\_\_\_\_ Start a negative self-talk jar and pay \_\_\_\_

every time I catch myself talking badly to

myself

\_\_\_\_ Avoid “white” foods i.e. white rice, white

potatoes, white bread, etc.

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