



Instructions

Healthy HABIT CHART

“ You rarely have time for everything you want in this life, so you need to **make choices**. And hopefully your choices can come **from a deep sense of who you are**.

Fred Rogers

Have you every zoned out while driving to work and woken up, as if out of a daydream, wondering how you got there? That is a prime example of a **HABIT**: something you do so often your brain work on autopilot. Habits have a positive or negative impact on your health. Let's crowd out unhealthy habits and make healthy habits second nature.

The first step is awareness. Use this tool to for at least one weekday and one weekend. Write a short description of everything you do per 15-minute increment.

When I did this exercise, I realized that I looked at my phone and checked texts and e-mails upon waking. Not only was I half asleep, replying poorly to e-mails, but it made me rushed and late the rest of the day. Now I use that time to exercise and pack a healthy lunch. When are you intentional and when are you on autopilot?

After tracking your habits, highlight ones of which you are proud, such as brushing your teeth or eating a healthy breakfast. High five! See? You are capable of forming healthy habits! Circle habits you would like to change, like eating while working at your desk or mindlessly munching in front of the TV.

Bring this chart to your next session with your dietitian to brainstorm ways to cultivate healthier habits.

BECOMING *Aware*

1. Write a description of everything you do upon waking in 15-minute increment.
2. Highlight habits you are proud of.
3. Circle habits you would like to change.

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