How to participate

The right habits will help you eat foods that nourish your body, raise your energy and improve your health.

- Choose the new habit you want to explore this month (e.g. Plan and cook ahead).

- Then, complete the activity for that track each week. Stick with one track so your actions become a habit. Each track begins with some education during week 1.

- Check the box when you have completed the activity for the week.
HEALTH TRACKER

Week 1: Educate Yourself

Watch or read one of the following:
- TEDxChandler – Michelle May – Eat What You Love, Love What You Eat
- Mind Body Green – How to Eat Right for your Body Type
- Mindful Eating – Shifting the Focus from Weight to Well-being

Check box when complete ☐

Week 2: Practice

- Practice mindful eating for 10 minutes each day.

Check box when complete ☐

Week 3: Practice

- Practice mindful eating for 10 minutes each day.

Check box when complete ☐

Week 4: Practice

- Practice mindful eating for 10 minutes each day.

Check box when complete ☐
HABIT TRACKER

Week 1: Educate Yourself

Watch or read one of the following:
- TED Talk: Dan Buettner How to live to be 100
- 10 Tips for Eating More Real Food
- Healthy eating plate

Check box when complete ☐

Week 2: Practice

- Substitute a packaged food with a whole food once a day.

Check box when complete ☐

Week 3: Practice

- Substitute a packaged food with a whole food once a day.

Check box when complete ☐

Week 4: Practice

- Substitute a packaged food with a whole food once a day.

Check box when complete ☐
Plan & Cook Ahead

Habit Tracker

Week 1: Educate Yourself

Read one of the following:

- [25 Tips to Cook Once, Eat for a Week](#)
- [Here's A Make-Ahead Meal Plan That Anyone Can Cook](#)

Check box when complete □

Week 2: Practice

- Prepare grab-and-go snacks for the work week.

Check box when complete □

Week 3: Practice

- Prepare grab-and-go snacks for the work week.

Check box when complete □

Week 4: Practice

- Prepare grab-and-go snacks for the work week.

Check box when complete □