

Making my plan

To change a habit, make a plan that's as specific and realistic as possible. Take a look at these examples.

- *Not specific:* I will eat less.
- *Specific:* I will eat 1 slice of toast for breakfast instead of 2 slices.
- *Not specific:* I will walk for at least 2 hours every day.
- *Specific:* I will walk for 30 minutes, 3 days a week.

If you need help making a plan, talk with your health care team. Write your plan below. Make a copy for your health care provider. Talk with your health care provider in a month about how you're doing with your plan.

• Here's what I'll do:

Example: I'll take a brisk walk for half an hour 5 days a week.

• Here's when I'll do it:

Example: I'll walk after breakfast.

• Here's what I need to get ready:

Example: I'll need comfortable walking shoes.

• This might get in the way of my plan:

Example: If it's raining, I won't be able to walk outside.

• If that happens, I'll do this instead:

Example: I'll go to the recreation center or shopping mall and walk around inside.

• Here's when I'll start:

Example: I'll start my walks on Monday.

It takes time to make new habits, but your patience and persistence will pay off in the long run. If you sometimes slip up and go back to your old ways, don't despair. Start fresh tomorrow. You can do it!

Tips to help you stick with your new habit

Things to Do	Examples
Get rid of unhealthy foods in your kitchen so they won't tempt you when you're trying to make new habits.	Stock up on vegetables and fruit instead of high-fat snacks.
Find time for your new habit by changing your schedule.	If you like to walk in the morning before work, get up a little earlier so you'll have time. Put it on your calendar and buddy up with a friend or family member.
Plan ways to get around any roadblocks that might come up.	Bring snacks from home instead of hitting the vending machine.
Ask for support from family, friends, and your health care team.	Ask a family member to watch the kids while you go for a walk.
Keep track of your efforts by writing down what you're doing.	Use your calendar, a notebook, a pedometer, or an online food and activity tracker.
Vary your routine to keep it interesting.	Instead of walking around your neighborhood, walk inside the shopping mall.
Reward yourself for sticking with your plan.	Take time to do something special for yourself.