

# I QUIT...I REPLACE...I ADD...

I Quit!!



## Healthy, 1 habit at a time!

To meet your goal pick one habit to “quit” , “replace” or “add” in your life. Fill out both sections, keeping the top portion for yourself.

**Examples for each: Quit:** Smoking, skipping breakfast, eating potato chips (Hint: Best to pick something you can measure)

**Replace:** Sugary drinks with water, one hour of TV time with one hour of walking, the morning doughnut with whole grain cereal or muffin, or fruit instead of junk food.

**Add:** Two more glasses of water each day, an extra 2,000 steps per day, more “me time”

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**Date:** \_\_\_\_\_

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

**“I am going to quit, add or replace” (circle one) this in my life:** \_\_\_\_\_

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Turn this section in

**Date:** \_\_\_\_\_

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

**“I am going to quit, add or replace” (circle one) this in my life:** \_\_\_\_\_