



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.



**BE
MINDFUL**

HABIT 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



**CHOOSE
WHOLE FOODS**

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