

Eat Healthier

20 New Year's Resolution 18

Fill in a good eating habit you want to create and a bad eating habit you want to break. Replace your unhealthy snacks and meals with a healthier choice. The key to fully breaking a habit is replacing it.

January good: _____ bad: _____	February good: _____ bad: _____	March good: _____ bad: _____
April good: _____ bad: _____	May good: _____ bad: _____	June good: _____ bad: _____
July good: _____ bad: _____	August good: _____ bad: _____	September good: _____ bad: _____
October good: _____ bad: _____	November good: _____ bad: _____	December good: _____ bad: _____

Remember: Progress not Perfection!

