

Seven ideas. Choose one.

A reminder card for everyday life, not seven rules to complete.

1

Make meals work for you

Notice what makes a satisfying meal. Follow any individual nutrition advice.

2

Choose familiar movement

Adapt an activity you enjoy to your current abilities and care advice.

3

Make room for variety

Choose a food you enjoy and can afford; consider adding variety to a meal.

4

Create a small pause

Take a quiet break, listen to music or make time for a calming routine.

5

Return to something meaningful

Make a little room for a hobby, learning, helping or creating.

6

Reach out in a way that fits

A call, message or shared activity can be a starting point.

7

Ask for support

Bring a concern about smoking, alcohol or another habit to a qualified professional.

My one choice: _____ **My easier version:** _____

Turn it into a plan: fruitfuleyears.com/weekly-habit-planner/