

Forming Healthy Habits – Worksheet

1. What are some of the ways your life has changed due to the pandemic?
2. In what ways would you like to improve your health?
3. What habits can you form that will help get you to your goal?
4. What are some obstacles to your healthy goals? What behaviors can you swap out for a better one?
5. Where can you “stack” habits? I.e. While brushing your teeth, waiting for coffee, etc.
6. Where can you improve your nutrition on a regular basis?
7. How can you make this an easy habit to perform?
8. How can you make your bad habits more difficult to perform?
9. How much exercise do you get in a day? In a week? How can you (cheerfully) get more?

10. How much Non-exercise physical activity (or steps) do you get in a day? How can we turn sedentary time into active time?