

# Your Healthy Habits Cheat Sheet

Building healthy habits doesn't have to be overwhelming. Science shows that small, consistent changes lead to lasting results.

## How to use this cheat sheet

Start by mastering one habit at a time. Once it feels natural and part of your routine, check it off and move on to the next. Easy!

## Choose a habit to focus on

Diet		Sleep	
<input type="checkbox"/>	Include a protein source at each meal (think: lean meat, eggs, beans, tofu).	<input type="checkbox"/>	Reduce screentime 1-2 hours before bed
<input type="checkbox"/>	Swap store-bought lunch for leftovers (prep extra dinner!)	<input type="checkbox"/>	Stick to a sleep schedule: same bedtime and wake-up daily.
<input type="checkbox"/>	Add 1 extra serve of veg to each meal	<input type="checkbox"/>	Skip caffeine 8 hours before bed.
<input type="checkbox"/>	Reduce added sugar: opt for fruit for natural sweetness.	<input type="checkbox"/>	Get 20-30 minutes of movement daily.
Exercise		Mindfulness	
<input type="checkbox"/>	Start with a 5-minute walk; add an extra 5 minutes each day.	<input type="checkbox"/>	Avoid screens/social media 1 hour after waking and before bed.
<input type="checkbox"/>	Stretch before bed for 5 minutes	<input type="checkbox"/>	Write 3 things you're grateful for daily
<input type="checkbox"/>	Move every hour: stretch or walk for 1-2 minutes.	<input type="checkbox"/>	Try a 1-minute meditation and build up gradually.
<input type="checkbox"/>	Strength train 1-2 days a week to build muscle.	<input type="checkbox"/>	Text or call a friend or loved one, just because!



## Want to make healthier food choices?

Meet Food Tracker, your free and personalised healthy shopping helper.

