

# Preparation

## Taking Small Steps, part 1

If you have been thinking about changing your behaviors and habits in order to become healthier, you may find it helpful to take a few small steps at a time rather than trying to do too much at once.

### Becoming healthier is a long term goal that can be accomplished in small steps.

You are probably already used to setting other types of goals. For instance, have you ever tried to make the honor roll? That is a long-term goal that can be achieved over a long period of time, but there are small steps that you can take every day to help you get closer to the honor roll:

#### Long-Term Goal: Making the Honor Roll

Small Steps

- Take better notes: write neatly
- Stay Organized: write down all assignments
- Improve Study Skills: use note-cards



### Focusing on small steps that you can take right away can help you get closer to your long term goal.

Just like taking small steps to make the honor roll, you can take small steps to become a healthier you. Consider the following long-term goals for becoming healthier and select which small steps you can take now:



#### Eating Healthy

**Long-Term Goal:** Eat at least 5 servings of fruits and vegetables every day

Small steps you can take now

- Try one new vegetable every week.
- Try to include 1 fruit or vegetable in every meal.
- Replace one junk food with a fruit this week.
- Go to the store and buy a favorite fruit or ask a parent to buy it.



#### Avoiding Sugary Drinks

**Long-Term Goal:** Drink 0 sugary drinks at school or at home

Small steps you can take now

- Drink only \_\_\_\_\_ soda(s) this week.
- Instead of soda or juice get a bottle of water from the vending machine at school.
- Buy a refillable water bottle and take it to school.

For More Information visit: [www.HealthyMeFlorida.com](http://www.HealthyMeFlorida.com)