

Tick & Stick Healthy Habits Sheet

Use this checklist to help identify healthy habits that you would like to adopt as part of your regular routine. For week 1 selection one healthy habit, tick in the corresponding column and carry out this activity for that week. On week 2 keep doing the first new habit and add another. Keep doing this for next 6 weeks. At the end of the 6 week period you should have been able to improve your routine in 6 new, healthy habits. To challenge yourself pick healthy habits that you do not already do most days or weeks. There is additional space at the bottom for you to add any others that are personal to you.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Eat 3 meals a day						
Use an alarm clock						
Wash or shower daily and use deodorant						
Clean teeth twice a day						
Go to bed before midnight 5 nights a week						
Get out of bed before 9am weekdays						
Go for a 30 minute walk daily						
Do 1 face to face social activity						
Eat fresh fruit & vegetables every day						
Go for 1 hour walk daily						

Open post daily						
Do laundry once a week						
Hoover 1 or more rooms a week						
Brush/style hair daily						
Do 10 minutes relaxation daily						
Take medication as prescribed						
Do a fun activity daily						
Trim fingernails and toenails weekly						
Do 1 group activity a week						
Learn something new a week						
Do something creative daily						
Speak to another person daily						
Put rubbish out for collection weekly						
Check bank balance twice a week						
Acknowledge positive actions						
Do something for another person weekly						
Shave daily						