

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 | | | | | | |

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| 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 | | | | | | |