



## Bite-Sized Changes Challenge Habit Journal

**Instructions:** Creating long lasting habits to reach overall goals is possible! Starting out with “bite-sized” changes can make reaching a goal, such as “I want to eat healthier” a reality. During this activity, choose a “bite-sized” healthy eating habit you’d like to start and/or a not-so-healthy eating habit that you’d like to replace with a healthier alternative. During this activity, only choose 1-2 “bite-sized” habits so you can see success. Check out the list of suggested “bite-sized” habits or make up your own!

**This habit journal is for your personal use only.** Please log your participation by [clicking HERE](#).

	Habit I want to start and/or habit I will replace it with ____	MY GOAL	How am I feeling this week?
	<i>Ex: "I want to replace dessert a few times a week with a healthier alternative."</i>	<i>Ex: "On Tuesday &amp; Thursday I will replace my dessert with unsweetened dried mango."</i>	<i>Ex: "I am feeling okay. I am still struggling with my sweet tooth but I'm enjoying replacing dessert with an alternative that is still sweet."</i>
<b>WEEK 1</b>			
<b>WEEK 2</b>			
<b>WEEK 3</b>			
<b>WEEK 4</b>			



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## “Bite-Sized” Habit Suggestions

Below are some “bite-sized” suggestions for healthier eating habits. However, they are just *suggestions*. Feel free to create your own!

CURRENT HABIT	HEALTHIER ALTERNATIVE
<b>Distracted eating</b> (i.e. eating in front of the TV, computer, phone, etc.)	<i>This week, during lunch on Monday and Thursday, I will turn off all distractions and focus on my meal.</i>
<b>Drinking too many sugary beverages</b>	<i>This week, on Tuesday, Wednesday and Saturday, I will replace one can of soda with a can of plain sparkling water.</i>
<b>Eating even though I’m not hungry</b>	<i>When I feel stressed and/or overwhelmed this week, I will close my eyes and take some deep breaths before reaching for food.</i>
<b>Overeating</b>	<i>After dinners this week, I will take a walk outside or walk in place inside before getting a second helping and then check in with my hunger level.</i>
<b>Not getting enough vegetables, whole grains, fruits, healthy proteins, etc.</b>	<i>This week, I will enjoy at least one serving of non-starchy vegetables (turnip greens or zucchini) with my dinners.</i>
<b>Skipping breakfast or lunch</b>	<i>This week, on Sunday, I will prep something for breakfast and/or lunch for at least 3 days.</i>
<b>Eating within 1-2 hours of going to bed</b>	<i>This week I will not eat or drink anything besides water past 7 p.m.</i>
<b>Overindulging the sweet tooth</b>	<i>On Sunday, Tuesday and Thursday I will replace dessert with a healthier alternative such as dried figs or unsweetened applesauce this week.</i>