

BREAKING COMMON HABITS AND ADDICTIONS

1. Consider the following list of common habits or addictions. The first group is foods and beverages. The second group is activities, tobacco and drugs.
2. Check off that apply to you. Be sure to write down your present activity in *all* these areas even if you presently have no plans to alter these habits.
3. Circle the ones you would like to work on this month.
4. Decide whether you want to work on total abstinence or just a significant decrease in activity and state that goal. There are exactly twenty-one days left before you reach "Graduation Day." Good luck!
5. Return to this list at the end of the thirty-day wellness program to see which ones you have successfully changed. At that time, write goals for three months for *each* of the items you originally checked. There may be some you are still not ready to tackle. Change takes time. Congratulate yourself for moving in the right direction!

Common Habit/Addiction	Present Activity	21 Day Goal	Progress at End of Program	3 Month Goal
<i>Ex. √ soda</i>	<i>2 cans/day</i>	<i>1/week</i>	<i>1/month</i>	<i>rarely</i>
<input type="checkbox"/> soda				
<input type="checkbox"/> caffeine				
<input type="checkbox"/> chocolate				
<input type="checkbox"/> sugar				
<input type="checkbox"/> donuts/pastry				
<input type="checkbox"/> candy				
<input type="checkbox"/> alcohol				
<input type="checkbox"/> dairy				
<input type="checkbox"/> snack foods				

Common Habit/Addiction	Present Activity	21 Day Goal	Progress at End of Program	3 Month Goal
<i>Ex.: √ cigarettes</i>	<i>2 packs/day</i>	<i>10/day</i>	<i>1 pack/week</i>	<i>quit</i>
<input type="checkbox"/> tobacco				
<input type="checkbox"/> illegal drugs				
<input type="checkbox"/> television				
<input type="checkbox"/> computer games				
<input type="checkbox"/> gambling/lotto				
<input type="checkbox"/> pornography				
<input type="checkbox"/> other:				