**Monitor Your Changes – You Have 7 Days!**

Highlight what you managed to change or add new activities you introduced to maintain a healthy lifestyle.

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| **Change** | **Benefit** |
| COCA-COLA AND SWEET DRINKS TO WATER | ABOUT 100 CALORIES LESS (PER GLASS) |
| WHITE PASTA TO WHOLE GRAIN PASTA | LONGER LASTING FULLNESS |
| SEVERAL REGULAR MEALS A DAY | FEWER HIGH-CALORIE |
| MORE VEGETABLES AND FRUITS DAILY | FEWER CALORIES, MORE VITAMINS AND NUTRIENTS |
| REGULAR SLEEP AND REST | LESS CRAVINGS FOR SWEETS AND SALTY SNACKS |
| LEARNING TO COOK | ABILITY TO PREPARE HOMEMADE, HEALTHIER VERSIONS OF FAVORITE RESTAURANT DISHES |
| MORE WATER AND UNSWEETENED TEA DAILY | BETTER WELL-BEING, NO CONSTIPATION ISSUES |
| MORE DAILY ACTIVITIES - HELPING AT HOME, WALKING INSTEAD OF DRIVING, WALKING THE DOG | MORE CALORIES BURNED AT LITTLE COST, IMPROVED WELL-BEING |
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