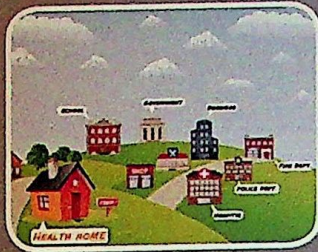


Kicking the Habit



A Tool to Help Kick Your Unhealthy Habits to the Curb

Kicking the Habit

Name:

Today's Date:

Completion Date:

Breaking bad habits is OH SO HARD sometimes. It's more difficult when those habits are addictive behaviors-such as smoking, drinking, drug use, gambling, eating junk food, watching too much television, playing excessive video/computer games or spending too much time using the internet. Use the following tool to help you break some of your bad habits.

What needs to change?



How I plan to do it?



How I plan to stick to it?



* Visit www.ratings.h3po.org to find websites that will help you track your goals and your activity

Who will support my efforts? My Health Partners



How can My Health Partners support my efforts?

