Drink Water

Healthy Behavior
- I will drink water in place of sugary drinks

Barrier

Strategy
Be Active

Healthy Behavior
- I will be active at least 30 minutes each day

Barrier

Strategy
Monitor Portions

Healthy Behavior
- I will monitor portion sizes of meals & snacks

Barrier

Strategy
Reduce Sodium

Healthy Behavior

• I will reduce the amount of salt or sodium in my diet

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Strategy
Read Labels

Healthy Behavior
- I will quickly & comfortably scan labels of most packaged foods

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Strategy