

12 week Small Change Challenge

	Small change goal for the week	Simple tips to make it happen	Small change success
Week 1	Eat breakfast every day	<ul style="list-style-type: none"> - Keep staples on hand: oats, nut butter, eggs, fresh fruit - Wake up 5 minutes earlier. 	<input type="checkbox"/>
Week 2	Fill half of your plate with vegetables at lunch & dinner	<ul style="list-style-type: none"> - Buy 5+ vegetables on your grocery run - Have a crudité platter prepped for the week - Have lettuce, baby spinach or other leafy greens washed and ready 	<input type="checkbox"/>
Week 3	Bring your lunch to work every day	<ul style="list-style-type: none"> - Get equipped with a lunch bag and reusable containers - Plan for leftovers to use as lunches 	<input type="checkbox"/>
Week 4	Drink at least 2 L of water every day	<ul style="list-style-type: none"> - Buy a reusable water bottle - Carry it with you and keep it full - Keep it interesting: add citrus slices or fresh mint 	<input type="checkbox"/>
Week 5	Do moderate-high intensity exercise 4x this week	<ul style="list-style-type: none"> - Schedule your sessions - Buddy-up to make yourself accountable - Keep your gym gear in the car 	<input type="checkbox"/>
Week 6	Eat at regular intervals	<ul style="list-style-type: none"> - Set a reminder every 3 hours - Always carry snacks with you (fruit, nuts, seeds, energy bars) 	<input type="checkbox"/>
Week 7	Eat home cooked meals	<ul style="list-style-type: none"> - Write a menu plan for the week - Do meal prep over the weekend 	<input type="checkbox"/>
Week 8	Keep a journal of what, where and why you're eating	<ul style="list-style-type: none"> - Buy a journal or use your smart phone - Set a reminder at the end of the day for journaling time 	<input type="checkbox"/>
Week 9	Fill-up on high-fibre foods	<ul style="list-style-type: none"> - Add 2 tablespoons of ground flax or chia seeds to your diet every day - Replace refined carbs (sweets, juice, sweet beverages, sugar, white flour-based foods) with high-fibre alternatives such as whole fruit, veggies, intact grains (quinoa, oats, brown rice), sweet potatoes, winter squash 	<input type="checkbox"/>
Week 10	Create a health-promoting eating environment	<ul style="list-style-type: none"> - Throw away or hide temptation foods - Make healthy foods the first you see in your pantry and fridge. - Keep healthy emergency foods at the office, in the car and in your bag. 	<input type="checkbox"/>
Week 11	Eat only you're hungry and stop as soon as you're satisfied.	<ul style="list-style-type: none"> - Eat at regular intervals to tame hunger - Spend 15 min or more to finish each meal - Take small bites, putting down your fork between bites to taste and savour your food. 	<input type="checkbox"/>
Week 12	Congrats on 11 weeks of positive changes! This week: reward yourself with an early health-promoting Xmas gift.	<ul style="list-style-type: none"> - Kitchen gadget: Juicer, power blender - On-the-go accessory: Tea mug, water bottle - Equipment: Yoga mat, new runners - Other: Cooking classes, new cookbook, new fitness class or membership 	<input type="checkbox"/>