



The Body Plan

Directions: List the necessary choices you need to keep your body healthy, and then write how you will practice these choices in the table below.

Bad habits I want to break

eating	exercising	sleeping
_____	_____	_____

Good habits I want to make

eating	exercising	sleeping
_____	_____	_____

During the week, I will practice:

1. this habit: _____
2. by making the following choices: _____

During the weekend, I will practice:

1. this habit: _____
2. by making the following choices: _____

Directions: Identify two challenges that you expect to face in putting your plan for a healthy body into action.

1. _____

2. _____
