



Timely Information
for Providers in
South Carolina

New Micro Habits
4A Healthier Way
Ucan, SC 123GO

Name: _____ Date: _____

Let's focus on:

☐ Movement & Exercise ☐ Food ☐ Beverage ☐ Sleep ☐ Something else

☐ I will... ☐ I will not...

1 2 3 4 5 6 7 days per week
(circle how many)

...for _____ minutes
(if needed)

Choose days: Mon Tue Wed Thu Fri Sat Sun

Provider

EXAMPLES to get you thinking:

Movement & Exercise 	• I will stand up 5 times during each commercial break or after each episode when watching tv • I will park further away in the parking lot on outings 3 days a week • I will replace one inactive family activity (TV/movie night) with a movement-based activity together once a week
Food 	• I will eat meals at the table without a screen or TV 4 days a week • I will not eat fast food 2 days a week (Monday and Wednesday) • I will replace one packaged snack with a fresh fruit or vegetable for one snack each day
Beverage 	• I will replace one sugary drink with water once a day • I will not drink soda 3 days a week • I will not get refills of sweet tea or soda when eating out
Sleep 	• I will read for 15 minutes before bed instead of scrolling on a phone • I will turn off screens at least 1 hour before bedtime 5 nights a week for the next month • I will take a hot shower or bath before bed 4 times a week
Something Else 	• I will dance to my favorite songs for 15 minutes every evening after dinner • I will not drink alcohol during weeknights • I will do 3 deep breaths once a day