

TAKE A STEP TODAY!

SIMPLE

SIMPLER

SIMPLEST

STEP 1: Choose a goal.

- Walk in place during a 1/2-hour TV show on most days.
- Eat two extra servings of fruit and/or vegetables every day.
- Make one change to modify your sleeping environment. For example: remove the TV, cover the windows with dark material, or get a new pillow.
- Meditate for 30 seconds every day. Turn off all electronic devices at home for one day a week.
- Snip off 1/4 of every cigarette you smoke.
- Replace every other drink with water to cut in half the number of sodas you drink every day.

STEP 2: Keep track for 7 days - *I can do this!*

- Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

STEP 3: Mail in this card to be recognized for your efforts



TAKE A STEP TODAY!

SIMPLE

SIMPLER

SIMPLEST

STEP 1: Choose a goal.

- Walk in place during a 1/2-hour TV show on most days.
- Eat two extra servings of fruit and/or vegetables every day.
- Make one change to modify your sleeping environment. For example: remove the TV, cover the windows with dark material, or get a new pillow.
- Meditate for 30 seconds every day. Turn off all electronic devices at home for one day a week.
- Snip off 1/4 of every cigarette you smoke.
- Replace every other drink with water to cut in half the number of sodas you drink every day.

STEP 2: Keep track for 7 days - *I can do this!*

- Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

STEP 3: Mail in this card to be recognized for your efforts



STEP 3: Mail in this card to be recognized for your efforts

- Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

STEP 2: Keep track for 7 days - *I can do this!*

- Walk in place during a 1/2-hour TV show on most days.
- Eat two extra servings of fruit and/or vegetables every day.
- Make one change to modify your sleeping environment. For example: remove the TV, cover the windows with dark material, or get a new pillow.
- Meditate for 30 seconds every day. Turn off all electronic devices at home for one day a week.
- Snip off 1/4 of every cigarette you smoke.
- Replace every other drink with water to cut in half the number of sodas you drink every day.

STEP 1: Choose a goal.

SIMPLEST

SIMPLER

SIMPLE

TAKE A STEP TODAY!



STEP 3: Mail in this card to be recognized for your efforts

- Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

STEP 2: Keep track for 7 days - *I can do this!*

- Walk in place during a 1/2-hour TV show on most days.
- Eat two extra servings of fruit and/or vegetables every day.
- Make one change to modify your sleeping environment. For example: remove the TV, cover the windows with dark material, or get a new pillow.
- Meditate for 30 seconds every day. Turn off all electronic devices at home for one day a week.
- Snip off 1/4 of every cigarette you smoke.
- Replace every other drink with water to cut in half the number of sodas you drink every day.

STEP 1: Choose a goal.

SIMPLEST

SIMPLER

SIMPLE

TAKE A STEP TODAY!

PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CARD.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Email: _____

PLACE
RETURN
POSTAGE
HERE

PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CARD.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Email: _____

PLACE
RETURN
POSTAGE
HERE

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Email: _____

PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CARD.

PLACE
RETURN
POSTAGE
HERE

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Email: _____

PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CARD.

PLACE
RETURN
POSTAGE
HERE