☐ Eat two extra servings of fruit and/or vegetables every day.	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.	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.	☐ 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.	☐ 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.	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 2: Keep track for 7 days - <i>I can do this!</i> 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  OEA Choice Trust	STEP 3: Mail in this card to be recognized for your efforts  OEAChoice Trust	
STEP 3: Mail in this card to be recognized for your efforts	STEP 3: Mail in this card to be recognized for your efforts	
STEP 2: Keep track for 7 days - 1 can do this!	STEP 2: Keep track for 7 days - 1 can do this!	
Beplace every other drink with water to cut in half the number of sodas you drink every day.	☐ Replace every other drink with water to cut in half the number of sodas you drink every day.	
☐ Snip off 1/4 of every cigarette you smoke.	☐ Suip off 1/4 of every cigarette you smoke.	
☐ Meditate for 30 seconds every day. Turn off all electronic devices at home for one day a week	☐ Meditate for 30 seconds every day. Turn off all electronic devices at home for one day a week.	
Make one change to modify your sleeping environment. For example: remove the $TV$ , cover the windows with dark material, or get a new pillow.	☐ Make one change to modify your sleeping environment. For example: remove the TV, cover the windows with dark material, or get a new pillow.	
Eat two extra servings of fruit and/or vegetables every day.	Eat two extra servings of fruit and/or vegetables every day.	
Walk in place during a 1/2-hour TV show on most days. $\Box$	☐ Walk in place during a 1/2-hour TV show on most days.	
STEP 1: Choose a goal.	STEP 1: Choose a goal.	
SIMPLER SIMPLEST	SIMPLER SIMPLEST	
TAKE A STEP TODAY!	TAKE A STEP TODAY!	

TAKE A STEP TODAY!

SIMPLER

Walk in place during a 1/2-hour TV show on most days.

SIMPLEST

SIMPLE

STEP 1: Choose a goal.

## □ Day 5 □ Day 4 L Vau L L Day 3 □ Day 2 STEP 2: Keep track for 7 days - I can do this! Heplace every other drink with water to cut in half the number ■ Suip off 1/4 of every cigarette you smoke. ☐ Meditate for 30 seconds every day. Turn off all electronic dev cover the windows with dark material, or get a new pillow. Make one change to modify your sleeping environment. For Est two extra servings of fruit and/or vegetables every day. ■ Walk in place during a 1/2-hour TV show on most days. STEP 1: Choose a goal. SIMPLEST SIMPLER SIMPLE **TAKE A STEP TODAY!**

TAKE A STEP TODAY!

SIMPLER

Walk in place during a 1/2-hour TV show on most days.

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STEP 1: Choose a goal.

## Name: Address: City: Email:

PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CARD.

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