

TAKE A STEP TODAY!

SIMPLE

SIMPLER

SIMPLEST

STEP 1: Choose a goal.

- Walk from your house or place of work 1 minute out and 1 minute back on most days. Add 1 minute to each direction every week.
- Eat one extra serving of fruit every day before breakfast.
- Before going to bed each night, write down one thing you want to remember in the morning.
- Close your eyes, breath deeply and meditate for 30 seconds every day.
- Wait 10 minutes longer than normal to have your first cigarette each day.
- Pour out 1/4 of every soda 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



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PLEASE ENTER YOUR INFO BELOW BEFORE RETURNING THIS CARD.

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

PLACE
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POSTAGE
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