

# TAKE A STEP TODAY!

SIMPLE

SIMPLER

SIMPLEST

## STEP 1: Choose a goal.

- Walk in place for one minute on most days of the week.
- Buy an apple slicer and some apples. Slice and eat one apple per week.
- Go to bed one minute earlier than you usually do every day.
- Once a day, notice where your body might be tense and take one deep breath.
- Slowly count to 10 before the first puff of your first cigarette each day.
- Spit out the first sip 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.

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