STEP 1: Choose a goal. STEP 1: Choose a goal. Walk in place for one minute on most days of the week. 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. 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. 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. 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. 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. Spit out the first sip of every soda you drink every day. STEP 2: Keep track for 7 days - I can do this! STEP 2: Keep track for 7 days - I can do this! □ Day 3 □ Day 1 □ Day 2 □ Day 3 □ Day 4 □ Day 5 □ Day 6 □ Day 7 □ Day 1 □ Day 2 □ Day 4 □ Day 5 □ Day 6 **STEP 3:** Mail in this card to be recognized for your efforts **STEP 3:** Mail in this card to be recognized for your efforts OEA Choice Trust **2LEP 3:** Mail in this card to be recognized for your efforts STEP 3: Mail in this card to be recognized for your efforts ☐ Day 7 Day 6 □ Day 5 □ Day 4 □ Day 3 □ Day 2 □ Day 1 ☐ Day 7 □ Day 6 □ Day 5 □ Day 4 □ Day 3 □ Day 2 STEP 2: Keep track for 7 days - I can do this! STEP 2: Keep track for 7 days - 1 can do this! Zbif out the first sip of every sods you drink every day. 2bit ont the tirst sip of every soda you drink every day. Slowly count to 10 before the first puth of your first cigarette each day. Slowly count to 10 before the first putt of your first cigarette each day. Once a day, notice where your body might be tense and take one deep breath. Once a day, notice where your body might be tense and take one deep breath. Go to bed one minute earlier than you usually do every day. Go to bed one minute earlier than you usually do every day. Buy an apple slicer and some apples. Slice and eat one apple per week. Buy an applie slicer and some apples. Slice and eat one applie per week. ■ Walk in place for one minute on most days of the week. Malk in place for one minute on most days of the week. STEP 1: Choose a goal. STEP 1: Choose a goal. SIMPLER SIMPLEST SIMPLE SIMPLEST **TAKE A STEP TODAY! TAKE A STEP TODAY!**

TAKE A STEP TODAY!

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□ Day 7

OEA Choice Trust

□ Day 1

TAKE A STEP TODAY!

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