## **TAKE A STEP TODAY!**

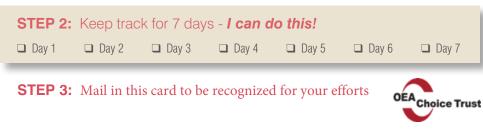
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### STEP 1: Choose a goal.

- 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.





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STEP 1: Choose a goal.

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cover the windows with dark material, or get a new pillow.

Lat two extra servings of truit and/or vegetables every day.

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Malk in place during a 1/2-hour 1V show on most days.

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

## E VeU ∎ □ Day 2 l Veu 🗖

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

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Day 4

□ Day 4

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

Day 3

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Snip off 1/4 of every cigarette you smoke.

Day 2

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Day 1

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□ Day 7

STEP 1: Choose a goal.



Day 7





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## TAKE A STEP TODAY!

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## **TAKE A STEP TODAY!**

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Day 1

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### 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.

Day 4

**D** D3y 4

Before going to bed each night, write down one thing you want to remember in the morning.

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Walk from your house or place of work 1 minute out and 1 minute back on most days.

Day 6

T Day 2

STEP 1: Choose a goal.

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Day 7

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Day 5

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

Wait 10 minutes longer than normal to have your first cigarette each day.

Close your eyes, breath deeply and meditate for 30 seconds every day.

🗖 Day 3

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

Lat one extra serving of truit every day before breaktast.

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Add 1 minute to each direction every week.

Pour out 1/4 of every soda you drink every day.

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- Pour out 1/4 of every soda you drink every day.

Day 2

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

Day 3

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

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## **TAKE A STEP TODAY!**

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### 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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