

Healthy Habits Tick & Stick

Eat 3 meals a day
Use an alarm clock
Wash or shower daily and use deodorant
Clean teeth twice a day
Go to bed before midnight 5 nights a week
Get out of bed before 9am weekdays
Get 30 minutes activity daily
Do 1 face to face social activity a day
Eat fresh fruit and vegetable every day
Go for a 10 minute walk daily
Go for a 1 hour walk 3 times a week
Check and open post daily
Attend to beard daily

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Do laundry once a week
Hoover one or more rooms a week
Brush/style hair daily
Do 10 minutes of relaxation daily
Take medication as prescribed
Do a fun activity every day
Trim finger and toe nails weekly
Do one group activity a week
Do something creative every day
Speak to another person daily
Attend to rubbish/recycling once a week
Check bank balance once a week
Do something new a week
Acknowledge positive actions
Do something for another person weekly