

# SESSION 10: ESTABLISHING A HEALTHY LIFESTYLE

A HEALTHY LIFESTYLE IS A POWERFUL PROTECTIVE FACTOR AGAINST RELAPSE TO VAPING.



USE THIS WORKSHEET TO IDENTIFY HEALTHY HABITS YOU WANT TO ESTABLISH, AND TRACK THE DAYS YOU SUCCESSFULLY ACHIEVED YOUR GOAL.

## IDEAS FOR NEW HEALTHY HABITS

- COOK DINNER 5 NIGHTS/WEEK
- GO ON A RUN 3X/WEEK
- DRINK WATER INSTEAD OF SODA
- USE A DAY PLANNER
- EAT BREAKFAST
- WALK TO WORK/SCHOOL
- 5-MINUTES MEDITATION
- JOURNAL IN THE EVENING
- GO TO BED 30 MIN EARLIER
- NO PHONE BEFORE BED

HABIT #1  
HABIT #2  
HABIT #2

	MON	TUES	WED	THURS	FRI	SAT	SUN
HABIT #1							
HABIT #2							
HABIT #2							