Swap It Out

Swap It Out involves swapping a current lifestyle behavior for a healthier behavior and creating a healthful habit. It is easy—with everyday changes. It doesn’t require a huge effort or expense.

Many studies suggest that you can form/change a habit by performing it for just 21 days. Here’s a challenge to create one or more good habits over the summer and have two months to do it. Our challenge will be for June and July.

To begin Swap it Out, choose a not-so-healthy current activity you would be willing to swap for a healthier one. Some ideas are listed below or you can come up with your own.

Next identify a healthy habit you would like to adopt. Again, some examples are listed below or you can come up with your own.

That’s it. Just put the two together and you have your challenge to Swap It Out.

Good luck on making your small changes turn into big benefits!
Keep it Simple:

Congratulations on taking the Swap It Out challenge! Simply record the habit(s) you are swapping and the habit(s) you are adopting here.

Habit to Swap: _______________ Habit to Swap: _______________ Habit to Swap: _______________
Habit to Adopt: _______________ Habit to Adopt: _______________ Habit to Adopt: _______________

Habits to Swap
- Driving
- Skipping breakfast
- Recreational emailing
- Eating processed foods
- Taking the elevator
- Eating dessert
- Snacking on junk food
- Watching television
- Eating out
- Drinking carbonated beverages
- Forgetting to floss
- Not enough sleep

Habits to Adopt
- Walking
- Eating a healthy breakfast
- Stretching
- Eating fruits and veggies
- Taking the stairs
- Biking
- Packing a sack lunch
- Deep breathing relaxation
- Preparing a healthy meal at home
- Drinking more water
- Brushing and flossing
- Getting 7-8 hrs. of sleep nightly

Each day during the next two months, mark either “yes” you performed the new habit(s) or “no” you did not. Logs, to record your success, are included below. At the end of the challenge, return your completed logs to HR. There will be recognition early next fall for those who complete the challenge.
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