

CHOOSE ONE CHANGE

Small Changes That Add Up

Pick one improvement you can repeat. Keep it until it feels normal, then choose another.

Drinks

Try a drink you enjoy with fewer calories, or use a smaller serving of your usual choice.

Food

Keep a familiar meal and change one ingredient or portion. You do not have to replace everything.

Protein

Choose a dependable protein food for one meal that is usually hard to plan.

Portions

Measure one frequently used food so the amount you log matches the amount you eat.

Restaurants

Decide on a satisfying order before you arrive. Build an option you would willingly order again.

Groceries

Put the ingredients for one dependable meal on your list before shopping.

Movement

Attach a manageable movement break to a routine you already have, when appropriate for you.

Sleep

Choose one repeatable evening cue, such as setting a reminder to begin winding down.

Everyday routines

Put tomorrow's supplies where you will see them. Make the useful choice easier to start.

MAKE IT REPEATABLE

My Next Small Change

The examples are a menu, not a checklist. Use this page for the one change you choose.

The routine I want to make easier

The one change I will make

When and where I will do it

What I will prepare in advance

My smaller version when the day is difficult

Start date / review date

After trying it: what worked, and what needs to be simpler?

Keep it, simplify it, or choose a better fit. A useful change belongs in your real life.