

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.

Name _____
Faculty _____ Staff _____ Student _____

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						