

Worksheet for Chapter 3 - Procrastination

Every week for one month, add one thing you are doing in each category to stop procrastination.

M - Move forward – Each week write down one way you moved toward a healthier lifestyle.

- 1.
- 2.
- 3.
- 4.

O - Original ideas- Each week write down one original idea to increase your health.

- 1.
- 2.
- 3.
- 4.

R - Reward yourself – Each week reward yourself with something other than food for the progress you have made

- 1.
- 2.
- 3.
- 4.

E - Effort = Success – Each week make the effort to do something healthy for yourself and then write down the effort and how it helped you be successful

- 1.
- 2.
- 3.
- 4.