

Chapter 6

**Worksheet for the chapter on Awareness.**

Every day for a week write down just one time you were aware of making a choice to move forward on your health and wellness journey.

	Choices	Healthy Choice
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

At the end of the week, think about the choices you had and the ones where you chose to eat or move in a healthy manner.

If you made more than 5 healthy choices, do something positive for yourself...whatever will reinforce the positive behavior.