



SELF REWARD

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Self Reward

Set healthy realistic goals.

- You are more likely to succeed in reaching realistic goals when you make changes step-by –step.
- Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

Get cooking.

- Cooking at home can be healthy, rewarding and cost-effective.
- Eating with family promotes healthier eating.

Well being.

- Your body will feel and look better. Be able to fit into your old clothes.
- Be wiser on the foods you consume on a daily basis
- Be able to keep up with your kids activities. Changes are self-rewarding