# The Power of Three Checklist

| Changes You Hope to Make | 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 | Total |
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Changes you might make include:

Half-Plate Rule
Only serve vegetables "family style" other foods left on the stove
Slow down eating, start last, and finish eating last
Drink no more than one sugared soft drink a day
Increase my physical activity to a minimum of 30 minutes most days of the week

**Remember if you can make 28 consistent checks for one new behavior, you are well on your way to establishing a positive eating habit!**

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