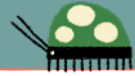


MANAGING YOUR HABITS



It can take anywhere from 18 to 254 days for a person to form a new habit and everyone adapts at a different pace. Keeping track of your habits can help you recognise where you want to make changes and help motivate you to turn good behaviours into an automatic habit. Plan out your targets below, then print out this weekly habit tracker from our website.

CAFFEINE: CUPS PER DAY

To minimise your caffeine intake, try switching to herbal teas in the afternoons and evenings.

SCREEN TIME: HOURS PER DAY

Try an app like Screen Time that monitors how much time you spend on social media to help you cut down.

PLAY TIME: HOURS PER DAY

When making plans, book in time for rest and things you enjoy, then stick to it!

NOW DOWNLOAD A PRINTABLE PDF
HABIT TRACKER FROM OUR WEBSITE:
AUBSU.CO.UK/SMALLTHINGS

TRY THE PLANT NANNY
APP TO KEEP HYDRATED
THROUGHOUT THE DAY



WATER: GLASSES PER DAY

Drinking a glass as soon as you wake up helps rehydrate you & infusing your water with fruit can make it taste delicious!

EXERCISE: HOURS PER WEEK

CMO guidelines recommend 75mins of vigorous activity a week, or 150mins moderate.

SLEEP: HOURS PER NIGHT

Switch out your phone for a book or podcast before you go to sleep to help yourself wind down.

