

# New Year New Habits



**January 30th - March 9th**

Do you watch too much TV or make no time for exercise? Do you start your mornings with high-calorie coffee drinks? Would you like to get more sleep? Or eat more fruit in your diet? It can be very difficult to create new healthy habits as well as to break bad habits. The New Year New Habits challenge will provide you with the support and strategies you need to make the positive changes you'd like. Ring in the Chinese New Year by creating a new habit or replacing an unhealthy habit with a new, healthy one! Your goal in this 6 week challenge is to create a new health habit with the support of a health coach. **Achieve 75% of your goal and you'll receive a Chinese New Year goodie bag with prizes!**

**Step 1:** Call a health coach and make a pledge for your new habit between **January 30th and February 6th** at (888) 493-5522, Mon - Fri, 6am - 6pm. Joanne Boyer, USF's onsite health coach will also be available to meet in person at the following dates and locations:

<b>Date</b>	<b>Time</b>	<b>Location</b>
Monday, Jan. 30th	11:00am – 4:00pm	UC 5th floor, Rm. 505
Tuesday, Jan. 31st	9:00am – 11:00am	LM 3rd floor, Rm 339
Tuesday, Jan. 31st	12:00pm – 3:00pm	LM 3rd floor, Rm 339
Thursday, Feb. 2nd	9:00am – 11:30pm	KA Rm 142
Monday, Feb. 6th	10:00am – 2:00pm	Kendrick 212

20 minute appointments can be scheduled at [www.mywellcall.com](http://www.mywellcall.com). To schedule your session, log into the site with your email address and password, click "Schedule an Appointment" and then register for your preferred time slot. If you are a first time visitor, click the register button. Next, enter your company password **usf**. Follow the online instructions and complete the registration process.

**Step 2:** Midpoint Check-ins (may occur anytime after your initial session and before the last check-in). Contact your health coach at least once to report your progress and develop an updated action plan. You are only required to check in once, but the more you call, the more likely you are to achieve your goals!

**Step 3:** Final Week Update (March 5th - March 9th). Review your progress with your WellCall health coach and develop a maintenance plan or set a new goal.



*Healthy*  
**USF**

 **WellCall**  
A Healthy Change

# My Pledge

Your health coach will help you create a new health habit based on your personal goal. You will have the option to select from the following categories: exercise, nutrition, sleep, and relaxation/stretching. Examples of pledges include: walk 20 minutes during my lunch hour, replace morning mocha with a low fat latte, go to bed 30 mins earlier.

The new health habit that I pledge to commit is \_\_\_\_\_

I want to develop this habit because \_\_\_\_\_

This new habit will improve my health and wellbeing in the following ways \_\_\_\_\_

This new habit will replace my old habit of \_\_\_\_\_

*Signature:* \_\_\_\_\_



**Check the box each day you practice your new habit**

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b>	Jan 30 <input type="checkbox"/>	Jan 31 <input type="checkbox"/>	Feb 1 <input type="checkbox"/>	Feb 2 <input type="checkbox"/>	Feb 3 <input type="checkbox"/>	Feb 4 <input type="checkbox"/>	Feb 5 <input type="checkbox"/>
<b>Week 2</b>	Feb 6 <input type="checkbox"/>	Feb 7 <input type="checkbox"/>	Feb 8 <input type="checkbox"/>	Feb 9 <input type="checkbox"/>	Feb 10 <input type="checkbox"/>	Feb 11 <input type="checkbox"/>	Feb 12 <input type="checkbox"/>
<b>Week 3</b>	Feb 13 <input type="checkbox"/>	Feb 14 <input type="checkbox"/>	Feb 15 <input type="checkbox"/>	Feb 16 <input type="checkbox"/>	Feb 17 <input type="checkbox"/>	Feb 18 <input type="checkbox"/>	Feb 19 <input type="checkbox"/>
<b>Week 4</b>	Feb 20 <input type="checkbox"/>	Feb 21 <input type="checkbox"/>	Feb 22 <input type="checkbox"/>	Feb 23 <input type="checkbox"/>	Feb 24 <input type="checkbox"/>	Feb 25 <input type="checkbox"/>	Feb 26 <input type="checkbox"/>
<b>Week 5</b>	Feb 27 <input type="checkbox"/>	Feb 28 <input type="checkbox"/>	Feb 29 <input type="checkbox"/>	Mar 1 <input type="checkbox"/>	Mar 2 <input type="checkbox"/>	Mar 3 <input type="checkbox"/>	Mar 4 <input type="checkbox"/>
<b>Week 6</b>	Mar 5 <input type="checkbox"/>	Mar 6 <input type="checkbox"/>	Mar 7 <input type="checkbox"/>	Mar 8 <input type="checkbox"/>	Mar 9 <input type="checkbox"/>	Mar 10 <input type="checkbox"/>	Mar 11 <input type="checkbox"/>

