



What are Your Low-Hanging Fruits?

Habits that occur **3-4x a week** affect our health the most. If these are negative habits, they have a negative impact on our overall wellness! **If we change these negative habits, positive effects will result.**

Take a moment to identify 3-5 of your behaviors that qualify, then change the portion size or the frequency and track your outcomes below. Examples of these steps to wellness include increasing vegetables at dinnertime, adding in a walk every day after lunch, or limiting dessert intake to once a week instead of every night.

Behavior	Current Frequency	Goal Frequency	Outcome
e.g. drink sodas	4-5x/wk	1-2x/wk	Drop in weight, more steady energy level
1.			
2.			
3.			
4.			
5.			

Was it difficult to change your low hanging fruit?

Low-hanging fruit changes, so revisit this process periodically to find new things to focus on for better health. **Any time you take something away, replace it with healthy alternatives.**



What Are Your Easy Wins?

Easy wins are simple behaviors that won't be difficult to make but will cascade into other better behaviors. **Their impact may not be dramatic, but they are fantastic for gaining momentum on your goals!** Several smaller, easy wins can give you confidence to tackle bigger goals or other low-hanging fruit (e.g. drink more water, get more sleep, or stock the house with healthier options).

Behavior	Current Frequency	Goal Frequency	Outcome
e.g. drink more water	48 oz/day	64-80 oz/day	Drop in weight; more energy
1.			
2.			
3.			
4.			
5.			

What did you notice after the Easy Wins? What are you ready to tackle next?

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