



Nutritional Habits Implementation Guide

by Yuliya Pidhirna

Step 1: Set Clear and Achievable Goals



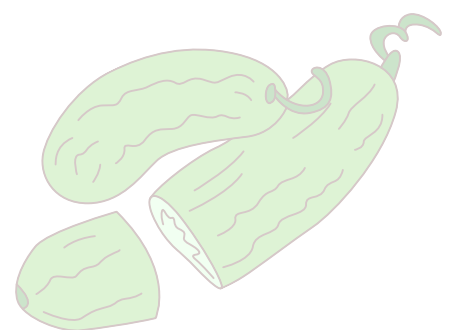
Why it matters: **Goals give your habits purpose and direction.**

Actionable Tips:

1.Start Small: Focus on one habit at a time. For example - drink a glass of water before every meal, rather than overhauling your entire diet at once.

2.Be Specific: Define your goals clearly. Instead of saying, "I want to eat healthier," say, "I will eat 2 servings of vegetables at lunch and dinner."

3.Set Measurable Benchmarks: Track progress, such as increasing water intake by 10 ounces a week or 2 new veggies until you reach your goal.



Step 2: Make Healthy Choices Obvious

Why it matters: **Visibility and clarity make habits easier to implement and sustain.**

Actionable Tips:

1. Use Visual Cues: Keep fruits and vegetables in plain sight, such as a bowl of fruit on the kitchen counter. Basically - make it accessible.

2. Habit Stack: Link your new habit to an existing one. For instance, "After I brew my morning coffee, I'll prepare my oatmeal with fresh berries."

3. Set Up Reminders: Use sticky notes, alarms, or habit-tracking apps to prompt healthy choices, OR set a time for the action (I will go for a walk at 8:00 pm)



Step 3: Make Healthy Choices Attractive

Why it matters: **When habits feel rewarding and enjoyable, you're more likely to stick to them.**




Actionable Tips:

1.Temptation Bundling: Pair something you enjoy with your new habit. For example, "I'll listen to my favorite podcast while prepping meals."

2.Focus on Benefits: Remind yourself how good you'll feel after eating nourishing foods or staying hydrated.

3.Join a Community: Surround yourself with people who share similar goals and can motivate you to stay on track.





Step 4: Make Healthy Choices Easy

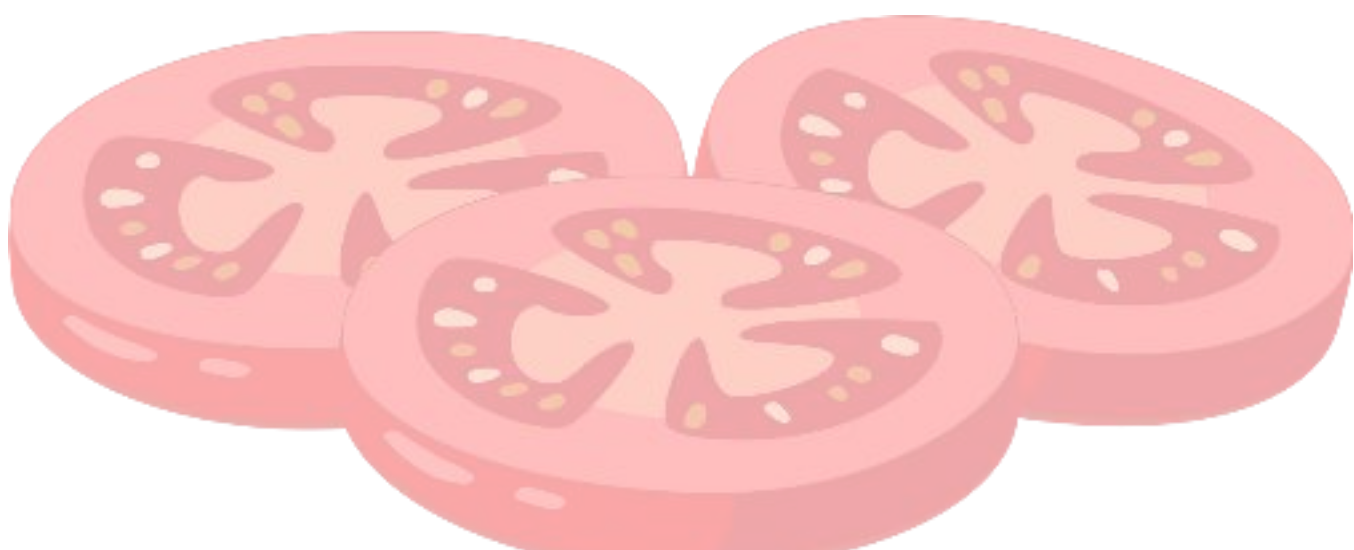
Why It Matters: **Making things easier helps build habits that stick.**

Actionable Tips:

1. Prepare Ahead: Chop vegetables, portion snacks, cook grains and plan meals to simplify healthy eating during busy days.

2. Simplify Decisions: Stick to a few go-to recipes or meal templates that are quick and easy to prepare.

3. Start Small: Use the Two-Minute Rule. For example, “I’ll prep just one healthy snack for tomorrow” instead of trying to overhaul all your meals at once.



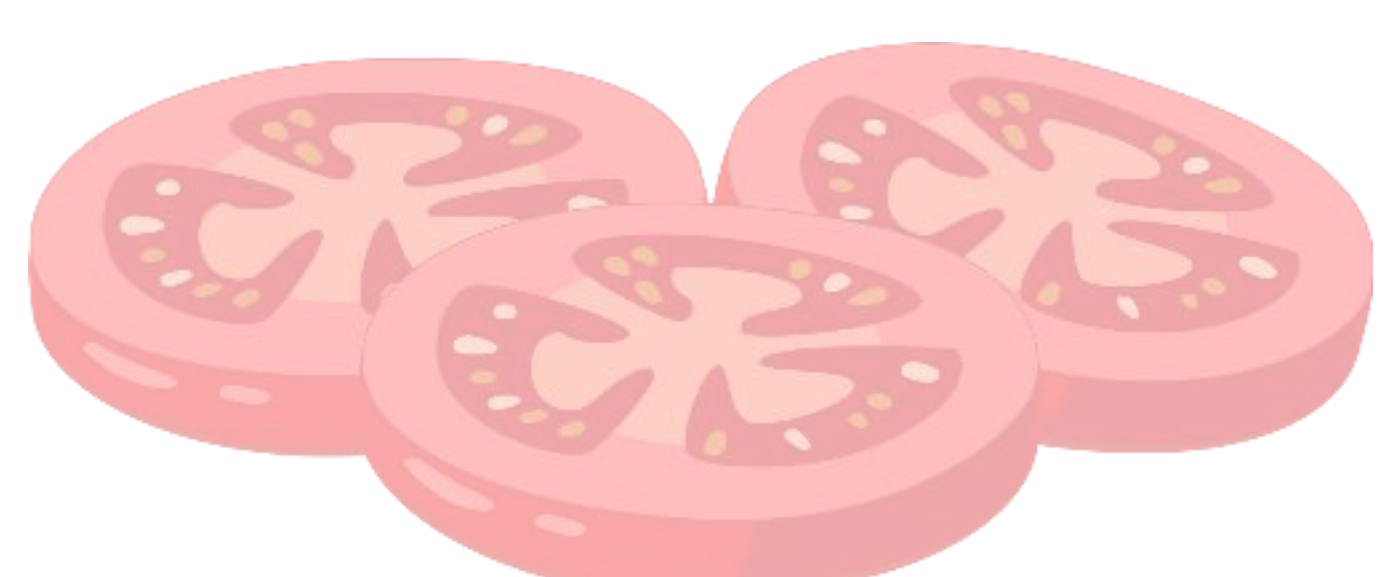


Step 5: Make Healthy Choices Satisfying

Why it matters: **Positive reinforcement builds momentum and encourages consistency.**

Actionable Tips:

- 1.Track Your Progress:** Use a habit tracker to celebrate small wins, like hitting your daily water intake goal or eating vegetables with every meal.
- 2. Reward Yourself:** Treat yourself to non-food rewards, like a relaxing bath or new workout gear, for achieving milestones.
- 3. Reflect on Success:** Notice and celebrate the energy, mood, or physical improvements you experience from sticking to your habits.

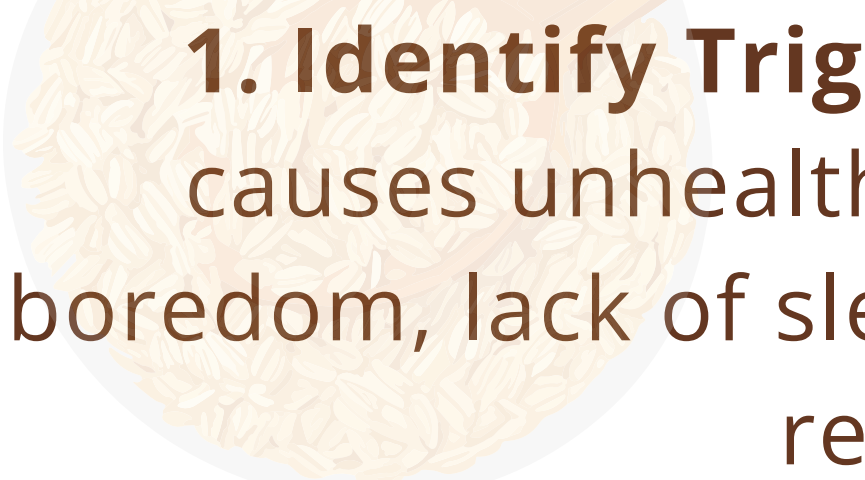




Step 6: Overcome Barriers with Smart Strategies

Why it matters: **Challenges are inevitable, but preparation keeps you on track.**

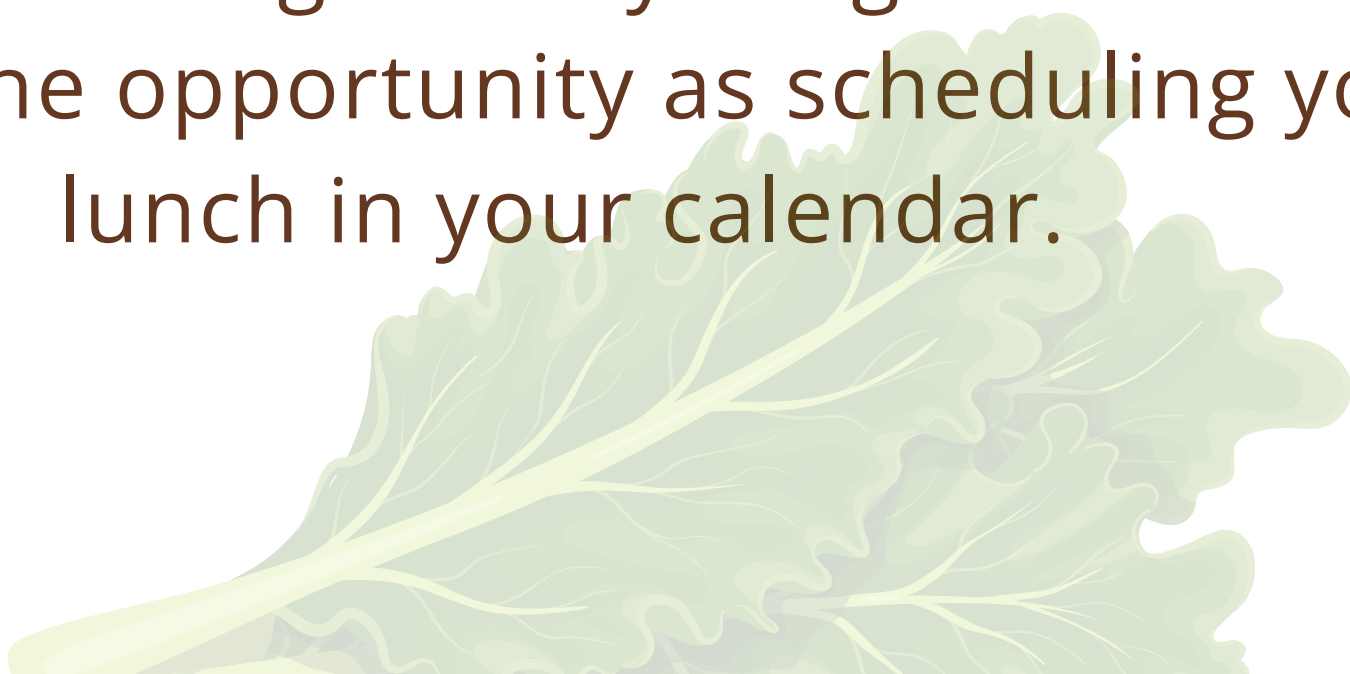
Actionable Tips:



1. Identify Triggers: Understand what causes unhealthy choices (e.g., stress, boredom, lack of sleep) and create alternative responses.

2. Have Backup Options: Keep healthy snacks like nuts, fruits, or bread with any topping on hand for when you're on the go.

3. Anticipate Obstacles: Plan for situations like dining out or busy schedules by choosing options that align with your goals or simply create the opportunity as scheduling your lunch in your calendar.





Why This Works

Consistency Over Perfection: Small actions repeated consistently create long-term results. Think in a year perspective. If you incorporate just 5 minutes of exercise each day, by the end of the year, you will have accumulated 30.4 hours of physical activity. Small, consistent efforts lead to significant long-term results.

Simplicity Over Complexity: A straightforward plan removes overwhelm and increases follow-through. Make it easy for your brain = keep it simple and break into small actions.

Enjoyment Over Restriction: Building habits that you enjoy ensures you stay motivated and committed. There's no need to force yourself into something you dislike, only to eventually give up, feel guilty, and experience unnecessary stress. Instead, focus on activities you enjoy to build sustainable habits.

Nice To Fit You

