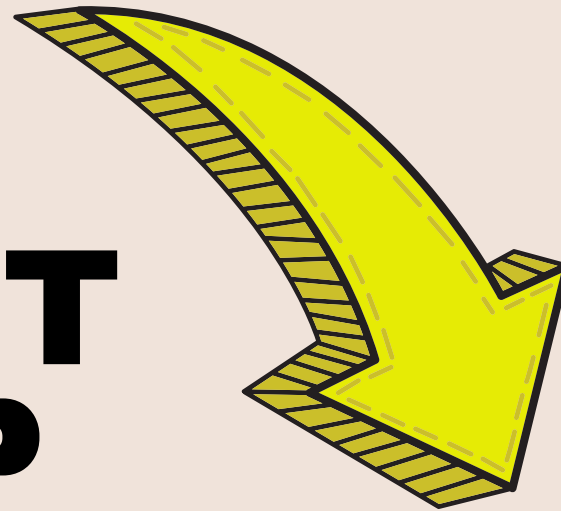


SWAP  
SWAP  
SWAP  
SWAP

Est.  
2007

YSJActive

Identify an  
unhealthy habit



# HABIT SWAP CHALLENGE

swap it to a healthy one

SWAP  
SWAP  
SWAP  
SWAP

# Take the Challenge

## **Step 1**

**Identify an unhealthy habit you'd like to change**

## **Step 2**

**Think about how it could be changed to a healthier one**

## **Step 3**

**Write down your swap on the pledge page and do your new habit for 30 days.**

**Remember the 21/90 rule - it takes approximately 21 days to develop a new habit and 90 days for it to become a permanent part of your life. So keep going beyond the 30 days, if you can.**

# My Habit Swap Pledge

**Cue - When I**

**Response - I will**

**Reward - Because**