

## Module 2: Transforming Your 3 Worst Habits

List your 3 habits (first 2 are those responsible for most calories  
3rd is one that makes you most tired)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **Habit 1**

How long have you had this habit? What did you do before?

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What is the cue/trigger for this habit?

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What is the behavior?

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What is the reward?

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What is an alternate behavior you could do to get that reward?

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**Habit 2**

How long have you had this habit? What did you do before?

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What is the cue/trigger for this habit?

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What is the behavior?

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What is the reward?

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What is an alternate behavior you could do to get that reward?

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**Habit 3**

How long have you had this habit? What did you do before?

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What is the cue/trigger for this habit?

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What is the behavior?

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What is the reward?

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What is an alternate behavior you could do to get that reward?

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