

The logo features a stylized heart icon on the left, composed of three concentric, overlapping shapes. To the right of the icon, the text "LIVE TO THE BEAT" is written in a large, bold, white, sans-serif font. Below this, the words "VIRTUAL COACHING PROGRAM" are written in a smaller, bold, white, sans-serif font. The entire logo is set against a background of diagonal stripes in shades of red and orange.

# LIVE TO THE BEAT

## VIRTUAL COACHING PROGRAM

### Forming Healthy Habits - Participant Worksheet

Use this worksheet to reflect on what you learned and create a simple action plan you can begin using right away.

#### REFLECT & CHOOSE

**What is one area of your health or well-being you would like to focus on?**

Examples: walking, stress management, medication, hydration, sleep

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**Why is this important right now? What would you like to be different in your daily life?**

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#### BUILD YOUR HABIT LOOP

**Choose one focus area: Think about one heart-health area and write it down - just one.**

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**Identify your cue: Ask yourself: "What is something I already do every day?" and write it down.**

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**Define your routine: Write down a small, repeatable action. Not something big. Something realistic.**

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**Define your reward: Now, write down what your reward will be.**

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#### CHOOSE A STRATEGY

**Select one or more to support your habit:**

- Habit Pairing** (add it to something you enjoy)
- Visual Reminders** (make it visible)
- Step by Step Wins** (start small, building over time)
- Do This Instead** (replace with a better option)
- Remove the Reward** (reduce temptation)
- Hold Yourself Accountable** (set a clear commitment or support)

**How will you apply this?**

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## DESIGN FOR REAL LIFE

Would this work on a busy day?  Yes  No  Not Sure

What might get in the way?

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How can you adjust it to work on a hard day?

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How will you adapt?

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## CONFIDENCE

What is your confidence level? (1-10)

1  2  3  4  5  6  7  8  9  10

What, if anything, would increase your confidence?

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## REFLECTION (Revisit This a Week From Now)

What did you notice?

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What worked well?

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What do you need to adjust?

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