|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| sla 2 Ne n ~ Be hori nh 10 | Start eating p.m. every night, | vegetables at each meal. , Have all devices | | Stop eating Stop out: (TV, phone, ete.) “animals with four| door (tr | turned off by 10.| legs (cow, pig, | a walk lamb, ey, ii? bi W3 | —— eu) to |  | Start eating vegetables at each meal. | oming mt |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stop out the door (try taking a walk). | Stop eating animals with four legs (cow, pig, lamb, etc.), | Have all devices (TV, phone, ete.) turned off by 10: p.m. every night, |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Drive to the gym, exercise for five minutes, and leave. | Stop eating animals with two legs (chicken, turkey, ete.). | Be in bed by 10 p.m. every night (reading a book, talking with'your, partner). 4/0) 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Exercise for fifteen minutes at least once per week. |  | Lights off by 10 p.m. every night, | Stop eating animals with no legs (fish, clams, scallops, etc.). |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |