**Title: Habit, Habit, Everywhere!**

**Description: Make a healthy habit and have a fallback plan when your resolve is weak**

Now that you’ve been working through the Lume Wellness Nutrition Challenge for a while, you probably have a pretty good idea where things are easy for you and where they might be more difficult. Are you on track to eat all your vegetables, but at the end of the day you’re tired and don’t feel like cooking? Have you started cutting down on sugary beverages, but come mid-afternoon, you’re craving something sweet and caffeinated? Where are points in your day that require willpower (that you may or may not have) to stay on track? Can you create a healthy habit there? Use the 3 steps from the “How to take action” section of today’s article to design a healthy habit that you can rely on. Write down your action plan here [X].