Identify an unhealthy habit

Habit Swap Challenge

swap it to a healthy one
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