



INTRODUCTION TO THE PLAYBOOK

Healthy Habit Tracker and Tips


Weekly Habit Tracker

As athletes complete the Fitness through Sport activities, they will be prompted to add new healthy habits to their tracker. Athletes can use the habit tracker on the next page to keep a record of their progress.

If athletes forget their habits, not to worry! Share a positive message with them ("You got a little off track but you're back on now!") and return to their habits as soon as they can. Athletes can also use the Healthy Habit Tips to help them be successful.

Habit Tracker Example:

WEEKLY HABIT TRACKER



**Special
Olympics**

ATHLETE NAME: claire

WEEK OF: July 2-8

HABIT	SUN	MON	TUE	WED	THU	FRI	SAT
Do an activity I enjoy	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Do 2 movement snacks per day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY HABIT TRACKER

*Special
Olympics*



ATHLETE NAME:

WEEK OF: _____

HABIT

SUN MON TUE WED THU FRI SAT

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MOTIVATION

REWARDS

Healthy Habit Tip Sheet

Here are some simple tips that have been shown to be effective in helping anyone interested in improving or maintaining good health.

Use the Weekly Habit Tracker

Using the weekly habit tracker will help you see your progress and give yourself credit for doing things to keep yourself healthy and performing at your best. Keep track of your habit streak and try not to break the chain. When you do forget, get back on track immediately.

Know your Why

Write down why it is important to you to be healthy. You are more likely to make a change if you know how it is going to help you become the type of person you want to be.

Example: If you want to be the best athlete you can be, think about the things a successful athlete would do to take care of themselves. Which habits from the Healthy Habits Scoreboard will bring you closer to your goals?

Small Steps Make a Big Difference

It might be tempting to set a big goal, but successful habits come from small steps that are done consistently. All you need to do is focus on getting 1% better every day. Small changes are easier and add up to big changes over time.

Example: If you want to eat more vegetables, you could start by adding 1 extra serving of vegetables at one meal each day. That would be 7 extra servings of vegetables in a week!

Share your Intention or Plan

When you write down something you would like to do, you are more likely to do it!

There is a place to write your intention or plan at the end of each Homeplay activity. Note that the intention doesn't have to be in writing. Express your intention in a way that works for you!

Example: I will (behavior) *Go off screens at (time) 8 pm every evening.*

Use Habit Stacking

You can also try adding a healthy habit before or after something you already do.

After (CURRENT HABIT), I will (NEW HABIT)

For example: *After I eat dinner, I will prepare my healthy snacks for the next day.*

Another way to do this is to pair an action you want or like to do with an action you need to do.

Example: *I will play with my dog after I finish my workout.*

Surround Yourself with People who Support your Desired Behaviors

It is easier to make healthy choices if your coach, teammates, and caregivers support you and each other. Challenges, like the *'Bump out Sugary Drinks'* Challenge, are more fun and motivating when the whole team is involved.

Example: Ask a family member to remind you to do your breathing exercises each night before bed. Or even better, have them do the breathing exercises with you!

Simplify

The less time it takes to complete a habit, makes it more likely to happen.

Example: If you spend time on Sundays cutting up vegetables, it will be easier and more likely that you will choose vegetables as a snack throughout the week.

Use Technology

There are many apps or online tools that can help you stay organized and motivated. Ask teammates to share an app they use to keep track of goals, choose healthy recipes, exercises, or meditations.

Example: No app required for this one! Simply set an alarm on your watch or phone for the same time each day to remind you to complete a movement snack (activity break during the day).

Reward Yourself

Give yourself credit, celebrate success and reflect on how good you feel when you take care of yourself.

Example: After a workout at home, take 5 minutes to relax and listen to your favorite song.

Make it More Difficult

You can break a bad habit by creating roadblocks that make it harder to do.

Example: It takes more steps to go to the store and buy a bag of chips than it does to go to the cupboard and open a bag. If you don't have junk food you cupboard you are less likely to choose unhealthy snacks.

** Healthy Habit Tips adapted from Atomic Habits by James Clear*