

PARTICIPANT WORKBOOK

Everyday Wins: Your Healthy Habit Blueprint



Congratulations on deciding to adopt a new healthy habit!

Forming healthy habits matters because small, consistent actions build the foundation for long term well-being. When positive behaviors become automatic, like moving your body, or eating nourishing foods, they reduce stress, boost energy, and support both physical and mental health.

Each week for four weeks we encourage you to:

1. Watch the weekly **American Heart Association Habit Coach** videos and read the weekly content to learn science based tips to help build lasting habits for better health.
2. Then complete that week's worksheets and practice your healthy habit during weeks 2-4.

At the end of the workbook take time to **complete the reflection survey** to think about how things went and what you will commit to moving forward. **You've got this!**

WEEK #1: FIND YOUR WHY & SET YOUR GOAL

Clarity & Commitment - Start with Purpose

Welcome to *Everyday Wins: Your Healthy Habit Blueprint*

This week we start strong by identifying your “why,” the personal motivation behind your healthy habit goal. When your goal connects to something that matters deeply (energy, stress relief, family, long term health), it becomes far easier to stick with.

STEP 1: WATCH the two American Heart Association’s (AHA) Healthy Habit Coach Videos:

- Episode: [Habit Myths](#)
- Episode: [Habit Loops](#)

STEP 2: READ AHA’s articles below:

- [Discover How to Translate Goals to Habits](#)
- [Learn More on the Power of Change](#)

STEP 3: Complete the “**Find Your Why**” worksheets on the following pages and uncover your “why” — it’s your foundation for lasting change.





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Healthy Habit Blueprint

Week 1: Find Your Why Worksheet



WEEK 1: Find Your Why Worksheet



ENTRY 1:

My Why: What matters most to me about improving my health/wellbeing?



WEEK 1: Find Your Why Worksheet



ENTRY 2:



My Goal: Write a SMART goal (Specific, Measurable, Achievable, Relevant, Time-bound).

S:

M:

A:

R:

T:



WEEK 1: Find Your Why Worksheet



ENTRY 3:



My Motivation Meter: Rate your motivation (1-10). What would make it higher?

WEEK 1: Find Your Why Worksheet



ENTRY 4:

My Commitment Statement: "I will take the first step toward my goal by..."



WEEK#2: BUILD YOUR BLUEPRINT

Small Steps → Big Wins

Now that you've set your goal, it's time to break it into **small, repeatable actions**. Sustainable change doesn't come from huge leaps — it's the small wins you repeat every day that create results.

This week we'll use the **habit loop**:

Cue → Routine → Reward

STEP 1: WATCH the two Healthy Habit Coach videos:

- Episode 3: [Choosing the Right Routine](#)
- Episode 4: [Finding Your Cue](#)

STEP 2: READ AHA's articles below:

- [Learn How to Make a Goal Setting Plan](#)
- [Set Up For Success](#)

STEP 3: Complete the “**Healthy Habit Blueprint**” worksheets on the following pages and track your healthy habit each day. Start small, stay consistent, and focus on one key habit that moves you closer to your goal.

If you have a [Be Well Vermont](#) account, you can track your healthy habits online to earn points and monitor your progress. Choose from 300+ habits and earn 10 points each time you click “**Yes**” after completing your habit of choice.

To find habits:

- Hover over the **Home** icon and select **Healthy Habits** from the drop-down menu.
- Then click **view all** to see the full list.
- You can filter by focus area (such as getting active, eating healthy, managing stress, learning new things, financial wellbeing etc.)
- Select a habit to track by clicking the white button.

5K Workout

Did you complete a workout from your training plan today?

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Healthy Habit Blueprint

Week 2: Habit Blueprint Worksheet



WEEK 2: Habit Blueprint Worksheet



ENTRY 1:

Target Habit: One daily/weekly habit supporting my goal.



WEEK 2: Habit Blueprint Worksheet



ENTRY 2:

Cue: What will trigger me to do it? (e.g. after breakfast, before work)



WEEK 2: Habit Blueprint Worksheet



ENTRY 3:

Routine: Describe the small action.



WEEK 2: Habit Blueprint Worksheet



ENTRY 4:

Reward: How will I celebrate or feel accomplished?



WEEK 2: Habit Blueprint Worksheet



ENTRY 5:

My Habit Tracker: Track your habit each day this week (✓ boxes)



DAY 1: Habit Completed

DAY 2: Habit Completed

DAY 3: Habit Completed

DAY 4: Habit Completed

DAY 5: Habit Completed

DAY 6: Habit Completed

DAY 7: Habit Completed



WEEK 3: OVERCOMING OBSTACLES & STAYING MOTIVATED

Resilience & Progress

You are over halfway there! This week is about staying on track when life happens. Setbacks are normal — what matters most is how you respond.

You'll learn to identify your barriers and use quick "reset" strategies to get back on track fast.

STEP 1: WATCH the two Healthy Habit Coach videos:

- Episode 5: [Find Your Reward](#)
- Episode 6: [Failure](#)

STEP 2: READ AHA's articles below:

- [Reinvigorate Your Intent with New Purpose](#)
- [Fine Tune Your Approach](#)

STEP 3: Complete the "**Bounce Back**" worksheets on the following pages and continue tracking your healthy habit each day.

You're not failing — you're learning. Every time you reset, you build resilience and strengthen your habit.





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Healthy Habit Blueprint

Week 3: Bounce

Back Worksheet



WEEK 3: Bounce Back Worksheet



ENTRY 1:

My Biggest Challenges: (time, energy, motivation, environment)



WEEK 3: Bounce Back Worksheet

ENTRY 2:

How I'll Respond: My reset strategy when I miss a day.



WEEK 3: Bounce Back Worksheet



ENTRY 3:

Motivation Boost: Write your “why” again — how is it helping now?



WEEK 3: Bounce Back Worksheet



ENTRY 4:

My Small Wins: What went well this week? List at least 3 small wins.



WEEK 3: Bounce Back Worksheet



ENTRY 5:

My Habit Tracker: Track your habit each day this week (✓ boxes).



DAY 1: Habit Completed

DAY 2: Habit Completed

DAY 3: Habit Completed

DAY 4: Habit Completed

DAY 5: Habit Completed

DAY 6: Habit Completed

DAY 7: Habit Completed



WEEK 4: MAKE IT STICK & CELEBRATE WINS

SUSTAINABILITY & REFLECTION

You've built your foundation! Now it's time to **cement your progress** and celebrate how far you've come. This final week helps you design a maintenance plan and recognize your success. Celebrate your consistency, no matter how small, because small wins add up.

Use the tip sheet below and this week's worksheets to help create sustainability in your healthy habits as you move beyond the campaign.

YOUR WEEK 4 HEALTHY HABIT SUSTAINABILITY TIPS:

1. **Reflect on Your Progress:**
 - a. Which habit did you make the most progress on?
 - b. What helped you stay consistent?
 - c. What challenges did you overcome?
2. **Refresh Your “Why”:** Remind yourself why this habit matters. A strong purpose helps habits last beyond the campaign.
3. **Adjust, Don’t Abandon:** If a habit isn’t sticking, try modifying it. Make it shorter, easier, or pair it with an existing routine.
4. **Try Habit Stacking:** Connect your new habit to something you already do. Example: “After I pour my morning coffee, I’ll take three mindful breaths.”
5. **Plan for Real-Life Barriers:** List one obstacle that could get in your way this week, and one solution. Example: If your schedule gets busy, commit to a shorter version of your habit.
6. **Celebrate Small Wins:** Recognition reinforces motivation. Choose a healthy, meaningful reward.
7. **Choose Your “Next Step” Goal:** Write one action you will continue over the next month.
8. **Build Accountability:** Share your plan with a colleague, friend, or family member to stay on track.

STEP 1: Complete the “**Everyday Wins Reflection**” worksheets on the following pages and continue tracking your healthy habit each day.

Reflect, celebrate and commit to carrying your new habit into the rest of the year ahead.



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Healthy Habit Blueprint

Week 4: Everyday Wins Reflection Worksheet



WEEK 4: Everyday Wins Reflection Worksheet



ENTRY 1:

My Wins: List 3 ways I improved my health/wellbeing this month.



WEEK 4: Everyday Wins Reflection Worksheet



ENTRY 2:

My Strongest Habit: What am I doing consistently now?



WEEK 4: Everyday Wins Reflection Worksheet



ENTRY 3:

What Helped Most: (structure, motivation, environment, support)



WEEK 4: Everyday Wins Reflection Worksheet



ENTRY 4:

Next Step: How will I keep this habit alive next month?



WEEK 4: Everyday Wins Reflection Worksheet



ENTRY 5:

Celebrate You! Write yourself a short “congratulations” message.



WEEK 4: Everyday Wins Reflection Worksheet



ENTRY 6:

My Habit Tracker: Track your habit each day this week (✓ boxes).



DAY 1: Habit Completed

DAY 2: Habit Completed

DAY 3: Habit Completed

DAY 4: Habit Completed

DAY 5: Habit Completed

DAY 6: Habit Completed

DAY 7: Habit Completed

