

Building your self-care strategy

SMARTER Goal	Cue	Routine	Reward
Exercise Exercise 3 times a week for at least 20 min	Wear running clothes to bed each night, with running shoes next to bed, set alarm for 6am.	Run for 20min set watch and distance to capture running time	Large latte with breakfast
Nutrition Eat 3 veg and 2 fruit per day, with 1 cheat day per week	Subscribe to food delivery service, set meals to have at least 3 veg and 2 fruit per day	Eat food available each week in fridge – supplement any dinner meals that is less than 3 veg and 2 fruit with breakfast and lunch	Enjoy cheat day on Sunday