

# Mediterranean Wellness

## Accountability Card

### Week 7

We are now at the point that we have some great tools to make this lifestyle work for us. Setting realistic goals is a very individualized plan. We all have different areas that we need to focus on. To make change successful we need to take small steps to make our new behaviors last in the long term.

1. Think of behaviors in your life that it would benefit you to change.
2. Set realistic goals.
3. Remember to create a reward for yourself for a job well done.

	<b>Look back on your day: List the behavior links that cause bad eating behavior</b>	<b>Coach Yourself Here as if you were Susan ...</b>
<b>One</b>		
<b>Two</b>		
<b>Three</b>		
<b>Four</b>		
<b>Five</b>		
<b>Six</b>		
<b>Seven</b>		