



Celebrate Small Successes

It is important to remind myself how far I have come. Small changes can lead to a big reward. Even if my weight loss is not where I want it to be, I have made improvements in my health. I can celebrate small successes:

- Eating non-starchy vegetables each day
- Being more physically active
- Making healthier choices when eating out
- Planning my meals at least 5 times a week
- Trying to get dairy at least once a day

What small success am I most proud of?
