THE BIG NORTHUMBERLAND GEAR CHANGE

Habit maker

"Today's new behavior is the beginning of tomorrrow's new habit."

This simple tick box sheet might be the perfect antidote to a fast paced, plugged in lifestyle! Use the grids to set walking, cycling and sustainable transport goals and simply mark off each day you stick with the plan. You can also download our 365 day challenge on the on the 'next level' page of our website.

Step 1 - List some new things to try once

1		When will you try this?
2		When will you try this?
3		When will you try this?
4		When will you try this?
5		When will you try this?

Step 2 - Aim to repeat some of them 5 times each

	When will you hit 5 times?	
	When will you hit 5 times?	
	When will you hit 5 times?	

Step 3 - Aim to repeat one 20 times

When will you hit 20 times?