



One Change I Will Make

One change I will make		How and when will I make this change
<p>Start walking</p> 	<p>Smoke outside</p> 	
<p>Do some relaxation</p> 	<p>Drink water</p> 	
<p>Have breakfast</p> 	<p>Not smoke in the car</p> 	
<p>Reduce coffee intake</p> 	<p>Eat some fruits and vegetables</p> 	
<p>Other Things I can do</p>	<p>Other Things I can do</p>	