Don’t try to tackle everything at once. Incorporate one of the Core 4 basic health habits today. Add another Core 4 habit each month and track your progress weekly. At the end of four months, these simple changes will add up to big lifestyle improvements.

<table>
<thead>
<tr>
<th>Core 4 Habit</th>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat More Whole Foods</td>
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<tr>
<td>Drink More Water</td>
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<tr>
<td>Get More Exercise</td>
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<td>🚴‍♂️</td>
<td>🚴‍♂️</td>
<td>🚴‍♂️</td>
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<tr>
<td>Sleep More Stress Less</td>
<td>🛌</td>
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</tr>
</tbody>
</table>

To track your progress, fill in each circle above with the appropriate face:

- 😊 I Did All Of It!
- 😊 I Did Most Of It!
- 😞 I Did Some Of It.
- 😞 Ooops!
Good health doesn’t have to be difficult: One Simple Change can make a big difference. Make One Simple Change each month in each of the four areas below—the Core 4, and you’ll be amazed how much better you’ll look and you’ll feel after your first four months of taking Juice Plus+®.

Juice Plus+® is only the first step towards a healthy lifestyle. Try these simple changes to help improve your health and wellness.

1. **Eat More Whole Foods**
   - Drink a Complete smoothie every day.
   - Go to bed 30 minutes earlier.
   - Do it yourself—cook more meals at home.

2. **Drink More Water**
   - Drink a glass of water after brushing your teeth.
   - Have a 10-minute dance party each night.
   - Take a 5-minute breathing break mid-day to relieve stress.

3. **Get More Exercise**
   - Replace your candy bowl with a fruit bowl.
   - Buy a water container that tracks your water intake each day.
   - Replace French fries with a salad.

4. **Sleep More**
   - Take a brisk 3-minute walk every hour during your work day.
   - Go to bed 30 minutes earlier.
   - Go to bed 30 minutes earlier.

Create your own One Simple Change.