


Track Your Progress

Portico's 2014 wellness activity, Make or Break, invites you to tackle one food-related habit for five weeks — long enough to make a good habit or break a bad one. Spend the first week preparing for change. Then, use a tracking card to help you practice the habit four weeks in a row. Use the extra cards if you need to start over, or share them with others.

 Cut on the dotted line



Mark the days you faithfully practice your habit. Take up to two days off per week. Continue until you've completed four weeks in a row.

S	M	T	W	T	F	S
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Learn more at PorticoBenefits.org/go.



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