## **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.



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Learn more at PorticoBenefits.org/go.

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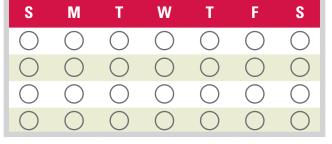
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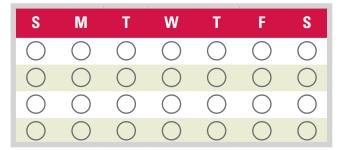


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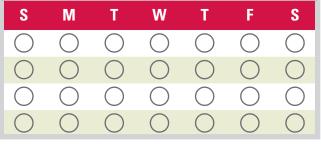
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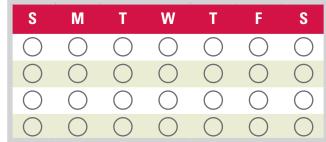
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