Vice Versa

Congratulations! You’ve taken the first step to improving your health by participating in Vice Versa.

Bad habit, vice, call it what you want, but we all have them. Some have existed for a long time while others may be new. Either way, we all know we should get rid of them. By completing this challenge, you will take the first step to turn your bad habit around. Some sample bad habits include:

* Smoking
* Not managing time or always being late
* Easily losing temper
* Not spending enough time with family
* Snacking late
* Going to bed late or not getting up early enough
* Drinking too much
* Not exercising enough
* Spending money unnecessarily
* Overeating or choosing unhealthy foods
* Procrastinating or wasting time

Whether you have one of the bad habits mentioned above, or you have a different one, completing this challenge will help you make a change for the better! Continue reading for instructions on how to play.

**How it Works**

First, you will need to identify a bad habit that you will work on avoiding throughout the challenge.

List your bad habit here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Take a few minutes to complete the following questions to help you be more successful in quitting your bad habit.

1. Why do you want to quit that bad habit?
2. What triggers your bad habit?
3. How will you prevent the trigger from happening or what new habit will you try in place of the bad one?
4. How do you see yourself if you successfully end your bad habit?

**Tracking**

Avoid your bad habit, starting with two days the first week and increasing an additional day each week. By the end of the challenge, your goal will be to avoid your bad habit seven days of the week. Use the following tables to track your progress by **placing a check mark each day you successfully avoid your bad habit.**

Tips to use when you are struggling to avoid your bad habit:

* Talk to a positive, supportive person in your life about your struggles.
* Write your goal someplace you look every day to remind yourself of your commitment to change.
* Keep your mind busy when you are thinking about your bad habit.
* Celebrate along the way! Plan a reward when you make it one, two, three, four or more days without your bad habit.
* Don’t give up. Try again if you slip up.
* Review why you want to quit your bad habit and think about how a change would positively affect you.

Be sure to return your completed Activity Tracker, each [Day] by [Time] to [Name/department]. If you successfully achieve the week’s goal, you will be entered into the weekly prize drawing! Everyone who at least attempts to reach the weekly goals and checks off one day all 6 weeks will be entered into the grand prize drawing.

**Week 1 Tracker: [Dates] Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **GOAL** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Avoid Habit - 2 days this week** |  |  |  |  |  |  |  |

Please return to [Name] by [Date] at [Time].

**Week 2 Tracker: [Dates] Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **GOAL** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Avoid Habit - 3 days this week** |  |  |  |  |  |  |  |

Please return to [Name] by [Date] at [Time].

**Week 3 Tracker: [Dates] Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **GOAL** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Avoid Habit - 4 days this week** |  |  |  |  |  |  |  |

Please return to [Name] by [Date] at [Time].

**Week 4 Tracker: [Dates] Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **GOAL** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Avoid Habit - 5 days this week** |  |  |  |  |  |  |  |

Please return to [Name] by [Date] at [Time].

**Week 5 Tracker: [Dates] Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **GOAL** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Avoid Habit - 6 days this week** |  |  |  |  |  |  |  |

Please return to [Name] by [Date] at [Time].

**Week 6 Tracker: [Dates] Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **GOAL** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Avoid Habit - 7 days this week** |  |  |  |  |  |  |  |

Please return to [Name] by [Date] at [Time].

**Wrapping Up**

At the end of the challenge, continue making personal goals toward avoiding your bad habit. Research shows that people who create goals are more likely to sustain changes.

The challenge may not have been long enough to help you completely banish your bad habit. This might depend on how long you’ve been practicing your bad habit and how much you rely on it. However, we hope the challenge was a good start toward better living for you. If you would like additional help, please contact the H&W Committee, Human Resources department or, if available, your Employee Assistance Program (EAP).

To help us determine if Vice Versa helped you turn your bad habit around, please complete the evaluation at the end of the challenge and return to [Name] by [Date].