

BE PART OF THE **ONE YOU** 4-WEEK CHALLENGE

MAKE YOUR PLEDGE

Whether you're going to eat well, move more, drink less, or be smoke free, this is the place to make your personal pledge and track your progress over the next four weeks by marking off each day.

Take our online health quiz to help you decide which type of healthy habit to focus on. [Simply search One You.](#)

WHAT WILL IT BE?

And what will your colleagues choose? You can go it alone or why not buddy up with someone. Here are a few pledge suggestions for starters:

Eat well

- Start the day with a healthy breakfast
- Eat your five a day
- Say no to unhealthy snacks and puddings

Why not download the **Easy Meals app** to help you along the way?

Move more

- Break up sitting time with a walk at lunchtime
- Take the stairs instead of the lift
- Start a new exercise

Why not download the **Couch to 5k app** for more support?

Drink less

- Pace yourself on a night out – have a glass of water between every alcoholic drink
- Swap cocktails for mocktails
- Order a soft drink instead of an alcoholic one

Why not download the **Drink Tracker app** for added support?

Be smoke free

- STOP for 28 days (because you're more likely to stop for good if you do).

Why not download the **Smokefree app** for loads of free support?

Ready, steady, go **YOU.**

NAME	PLEDGE	WEEK 1							WEEK 2							WEEK 3							WEEK 4						
		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		✓				Don't give in			Stay strong											Good work									You did it
		✓	Let's do this											Looking good								Almost there						You did it	
		✓						One week done						What's your reward?					Don't stop now									You did it	
		✓					Yes you can				Keep going					Woo hoo!												You did it	
		✓	Off we go											Halfway through							Don't give in							You did it	
		✓		Here we go									Stay strong						Wow									You did it	
		✓			Let's go						Good work							What's your reward?										You did it	
		✓	Woo hoo!						Don't give in									Keep going										You did it	

Don't stop here, [search One You](#) and see what other healthy habits you can enjoy.