

# LET'S MAKE HEALTHY HABITS



## IDENTIFY BAD HABITS

## IDEAS TO IMPROVE

## ORDER OF IMPORTANCE

Walking around the house at night without a light

Turn on lamps or hall lights

2

Forgetting to wear glasses in darker light areas

Keeping glasses on nightstand

4

Wearing loose pants that are too long

Hem pants or swap them out for shorter ones

1

Not drying floors after mopping

Wait 5 minutes after mopping before walking on floor

3