

CONGRATULATIONS ON COMPLETING THE WELL CLINIC PROGRAM!



You've made a lot of changes during your time in the WELL Clinic. Here are five ways to make changes stick:

1. Continue setting SMART goals. As changes become a habit, continue setting goals with small steps in place to help you to continue moving forward.
2. Plan for struggles along the way. It's normal for challenges to arise. Anticipating challenges, and exploring solutions ahead of time can help you to continue to make progress.
3. Don't forget to make it fun! A key to sticking with changes is making them an enjoyable part of your life. Explore new foods or recipes and try new ways to incorporate movement.
4. When possible Include family and friends. Having a support system in place can also help to make changes stick!
5. Check in with your WELL Clinic team if you ever need assistance. Feel free to contact your health coach through Mychart. We are here to help!



**Congratulations from
the WELL Clinic team!**



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group