

TAKE CHARGE OF YOUR HEALTH

Use this conversation guide to talk to your mentee about their Daily Health Habits Checklist. It's best to check in with your mentee once a week, but even once a month is helpful in keeping your mentee moving forward.

- 1. What's your motivation for improving your health?**
- 2. How can I help you build these health habits? What do you want me to ask you the next time we meet?**
- 3. Who are some other people who can help support you in building these habits?**
- 4. What progress have you made since we last met? How well does that compare to the goal you set?**
- 5. How did you make that progress? Can you identify specific actions you took that made you successful? Are you interested in making these new habits stick?**
- 6. What's your goal for progress over the next month? Be realistic: building one to two new health habits per month is great progress!**