

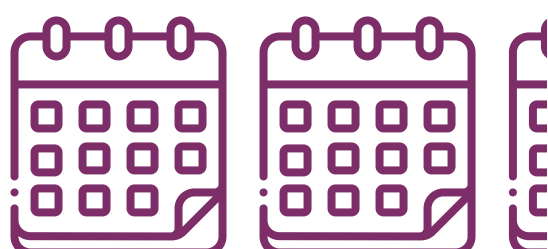
HEALTHY HABIT FACTS & STATS

Good habits are the foundation of a healthy lifestyle. Changing our ways can be a challenge, but luckily the science behind habit change is well-researched. These findings can help us on our way to forming our own lasting healthy habits.

It takes an average of

66

days to form a habit



People who write down their goals are

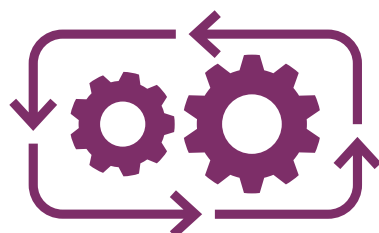
42%

More likely to achieve them



Teamwork makes the dream work! It's easier to form a new habit when you have a support system in place. Surround yourself with people who have similar goals to increase your chance of success.

40%



Of our daily actions are habitual. Oftentimes, we don't even realize we are doing them - all the more reason to establish good habits!

Start a chain reaction! Building a new habit often leads to positive changes in other areas of our lives.

