

# #18Swapsfor2018

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Check the box when the swap is accomplished.

1. Swap **extra snacking** for **extra hydrating**.
2. Swap **carbs at breakfast** for **greens at breakfast**.
3. Swap **potatoes** for **sweet potatoes**.
4. Swap **deep fried food** for **stir fried food**.
5. Swap **a bed of rice** for **a bed of greens**.
6. Swap **your gym commute** for **a longer at-home workout**.
7. Swap **overtraining** for **more stretching**.
8. Swap **weight-training machines** for **body-weight training**.
9. Swap **doing more reps** for **lifting more weight**.
10. Swap **crunches** for **planks**.
11. Swap **watching sports** for **playing sports**.
12. Swap **texting a friend** for **calling a friend**.
13. Swap **Sunday brunch** for **a Sunday hike or walk**.
14. Swap **video games** for **board games**.
15. Swap **posting on social media** for **journaling**.
16. Swap **binge-watching** for **binge-sleeping**.
17. Swap **social media** for **social interaction**.
18. Swap **an overscheduled day** for **a self-care day**.