

3 Steps to Building Healthy Habits Transcript

No spoken audio, only written text and music:

3 steps to building healthy habits

STEP 1: make a plan

so you know where you're going and how you'll get there.

STEP 2: be accountable

tracking your progress makes you more likely to succeed.

STEP 3: recognize your success

with healthy rewards.

Visit <https://www.cdc.gov/diabetes> to learn more.