

A word cloud featuring various phrases and words in shades of green and grey. The words are arranged in a dense, overlapping manner. The largest words include 'Get active', 'Love', 'Walk', 'Inspire', 'Relax', and 'Socialise'. Other prominent words include 'Happy', 'Fun', 'Be ready', 'Eat well', 'Give a nudge', 'Support', 'Life', 'Aspire', 'Sleep easy', 'Endorphins', 'Feel great', 'Run', 'Stretch', 'Prepare', 'Active living', 'Happy', 'Smile', 'Laugh', 'Move more', 'Be Proud', 'Flex', 'Jog', 'Rest', 'Me' time, and 'Happy'. The words are set against a plain white background.

Move more Be Proud
Socialise
Happy Fun
Enjoy Walk Smile Love Laugh
Be ready Eat well
Feel great Inspire
Get a nudge
Get active Flex Jog Relax
Prepare Give a nudge
Endorphins Rest 'Me' time Run
Support Active living Happy Stretch
Love Life Aspire Sleep easy

Today's date: _____

My **nudge** is:



and I aim to achieve this by:

- | | |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> 2 weeks | <input type="checkbox"/> 3 weeks |
| <input type="checkbox"/> 1 month | <input type="checkbox"/> 2 months |
| <input type="checkbox"/> 3 months | <input type="checkbox"/> 6 months |

or by: _____ (date)
