

### Activity name: Develop The Habit

This is to be done after the mobility when the participant is back to their regular home routines

<b>Participants</b>	Participant People in participant's household (where necessary)
<b>Material</b>	Manual or digital space to write Possibly a calendar with space to write notes
<b>Method</b>	Participant creates a list of the things they did during their mobility (this relates to the Share What I Learned Annex) As the days or weeks go by the participant takes note of whether they have completed the task or not (see example below). This is done until the new habit has been formed and reminders are no longer required.  Be patient as this may take time.  Once this is done, the participant can choose to share the new good habits they are working on with the people in their household, friends, community members or even social media followers.
<b>Aim</b>	To improve independence and daily life by integrating daily or weekly good habits

To do in January	Week 1	Week 2	Week 3	Week 4
Sort the garbage regular, recycling, organic	Yes	No, I forgot	Yes	Yes
Turn off the water while brushing my teeth	No, I forgot	Yes	Yes	Yes
Turn off the lights when I left the room	No	No	Yes	Yes
Take out the garbage on the right day and time	Yes	Yes	Yes	No, I was sick