# A blue and black background with white text AI-generated content may be incorrect.Healthy habits for empowering your life

Reshaping old habits into new, improved versions can help you reach your goal of a healthier you. This new Healthy Habits Toolkit from Saskatchewan Blue Cross is designed to help you identify current habits that you may want to change with easy tips and tricks to form new ones.

Attached are two helpful resources:  
**Blueprint to better habits** – An easy guide to help you set goals and track your habits.

**Small steps for healthy habits** – Tips to form healthy habits and small changes you can make to get started.

## Explore additional support and resources

**Mayo Clinic video series** – Watch short, [easy-to-understand videos](https://www.youtube.com/user/mayoclinic) on calorie density, meal planning and realistic goal-setting.

**MyFitnessPal** – [A free app](https://www.myfitnesspal.com/) for tracking food, exercise and weight with an extensive food database and barcode scanner.

## One step at a time

Forming new, healthier habits doesn’t happen overnight, but every small step adds up. Whether you’re tracking your meals, moving your body more, or shifting your mindset, you’re building momentum towards lasting change.

Stay consistent, be kind to yourself and remember: progress matters more than perfection.