

Celebrate

# ALL OF YOUR SUCCESSES

**Remember, even small steps are a step in the right direction. Just talking with your patients and families about the 5-2-1-0 message is a great start for your practice to make!**

**How many successes can you recognize and celebrate this year?**

**At Let's Go!, we believe in celebrating every step you take, big or small, towards increased healthy eating and active living. Significant change is usually the result of many smaller changes. There is no need to wait until a goal is fully achieved before recognizing and celebrating progress.**

Maybe you haven't been able to fully integrate the Healthy Habits Questionnaire into the patient flow for the entire practice, but some providers and their teams have successfully figured it out. What should you do? Recognize and celebrate your progress, and then keep on going!

We think your practice is awesome regardless of formal recognition, so keep up the great work!

*Let's Go!* has a formal recognition program that is outlined on the next page. We know that it can take a lot of work incorporating *Let's Go!* into your practice, so make sure you celebrate small steps along the way.

### **Key points to remember:**

1. Taking small steps matters
2. Talking to patients and families about 5-2-1-0 connects to other community efforts
3. Celebrate along the way and connect with your community partners

