

Panel of Experts

# **Tiny Habits for a Healthy Diet**

Presented by Tiny Habits® Academy

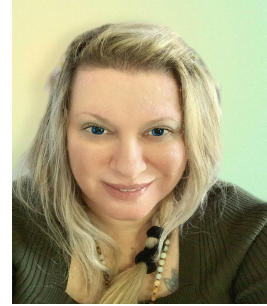
# Tiny Habits for a Healthy Diet – Experts



Host and Moderator  
Andrea Spyros



Malica Ahmad



Catherine Taylor



## **You will:**

- **Learn the Tiny Habits Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



## Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



**Malica Ahmad**

ACE Certified Health Coach

Tiny Habits Certified Coach

## Malica's 3 Tiny Habit Recipes

1

**After I** open my refrigerator, **I will** say:  
Healthy eating comes easy to me.

2

**After I** sit down to eat, **I will** take one bite  
of green veggies first.

3

**After I** pick up a sugary food, **I will** read  
the nutrition label.



**Catherine Taylor**

Thrive Global Coach

Tiny Habits Certified Coach

## Catherine's 3 Tiny Habit Recipes

1

**After I** open my phone in the morning, **I will** open my food tracking app.

2

**After I** put my dish in the sink, **I will** brush my teeth.

3

**After I** sit down with my plate, **I will** take three breaths.



## Go to [TinyHabitsAcademy.com](https://TinyHabitsAcademy.com):

- Find these coaches
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach