



Building new habits to feel your best

Creating healthy habits can help you feel your best with kidney disease. Take charge of your life by focusing on small changes and healthier choices, like planning ahead to eat kidney-friendly foods.

How to change your habits

Progress happens one day at a time. With practice, you can make better decisions and build healthier habits. Use these questions to help make changes.



What habits or behaviors are helping me accomplish my health goals? What is keeping me from reaching my goals?



What strengths do I have to achieve my goals?



What are my motivations to change? What are my short- and long-term goals?



What will it look like when I reach my goals?



We're here for you

Your care team can help. Reach out whenever you feel the need.