

MONTHLY HEALTH GOALS

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DAILY HEALTH GOALS

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DAILY HEALTH GOALS

1

Drink 64 ounces of water a day.

2

Take a walk every day--start with 10 min a day and work your way up to 30 min a day.

3

"Me" time for 30 minutes a day: What will you do today? Read, journal, meditate, etc???

4

Journal every day.

5

Prepare at least one meal a day at home.

6

Other:

7

Other:

8

Other: