



Health and Wellness Goals

I make choices each day that take me further along the path to enjoying wellness.

My wellness goal is _____

Positive benefits I will gain by reaching my goal: _____

To improve my health and achieve my wellness goal I am willing to take the following step(s):

Dietary commitment: _____

Foods to include: _____

Water: _____

Foods to reduce or substitute: _____

The positive benefits I will gain are: _____

Activity or exercise choice: _____

Type: _____

How often and how long: _____

The positive benefits I will gain are: _____

Self Care: _____

Relaxation: _____

Personal time: _____

Social time: _____

The positive benefits I will gain are: _____