



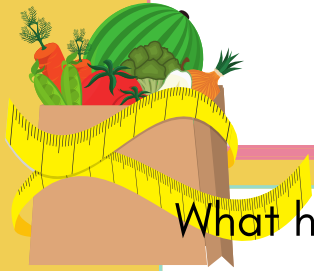
ARE YOU READY TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

Please take a few moments to write down YOUR HEALTH GOALS!



My short- term goals:

My long- term goals:



What have you done so far to achieve your goals?

What resources do you need?



What could you do just now to move you one step nearer to your goals?



When are you going to take these actions?

