

Setting Healthy Living Goals

Setting goals is an important part of healthy living for you and your family. Let's write down what you would like to improve in your daily routine and see how you can make simple and healthful changes!

My Overa	ll Health Goal(s)	
My Health	y Eating Goal(s)	
My Physic	al Activity Goal(s)	
What to A	sk My Healthcare Provider(s)	