

To begin the process of change and better health we must set a goal. What is your goal?

"My Health Goals"

Name: _____

Date: _____ Briefly List Three Health Goals:

(i.e. weight __ lbs; have a pain-free back; no more headaches; allergy free; able to travel without pain; exercise without restriction; be joyful; have more energy)

1. _____

2. _____

3. _____

Other Goals: _____ >