

NUTRITION GOALS:

Include the following items in your diet at least four times per week

- Fruits and vegetables
- Whole grain foods
- Lean protein/seafood
- Low-fat or fat-free dairy items
- Water in place of sugar-based drinks
- Limit saturated fat, sodium, added sugars and alcohol consumption

SLEEP GOAL:

Stick to a sleep schedule at least four times per week

MIND GOAL:

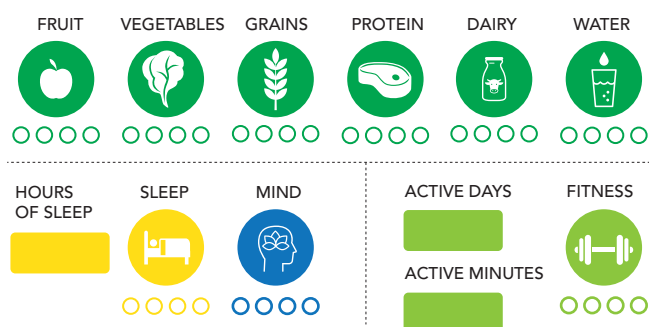
Identify a relaxing activity you enjoy such as reading, journaling, listening to music, meditation, creative exploration or relax with this activity at least four times a week

FITNESS GOAL:

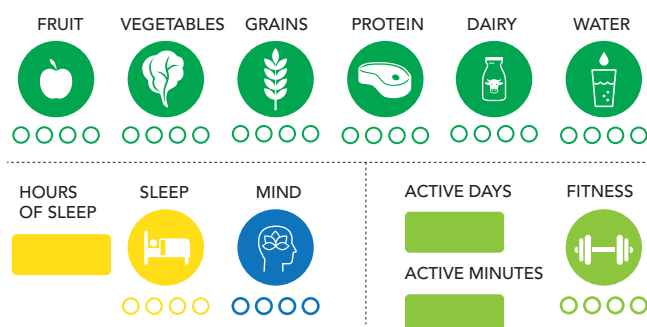
Work out at least four times a week for a combined total of 180 minutes

YOU CAN DO THIS////CREATE **HEALTHY HABITS FOR LIFE**

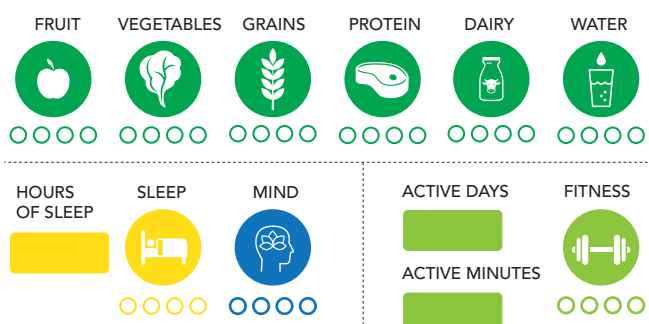
WEEK 1



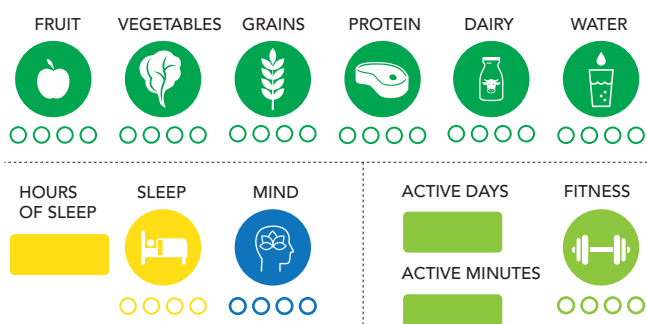
WEEK 4



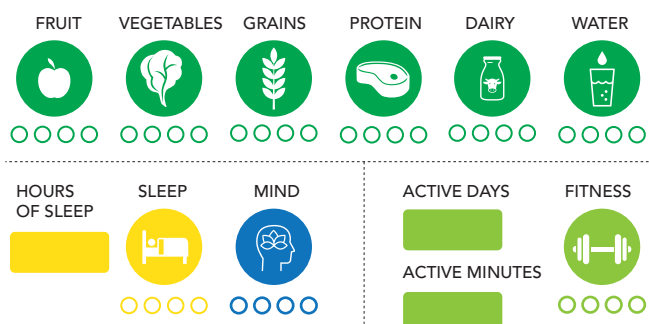
WEEK 2



WEEK 5



WEEK 3



WEEK 6

