





# Improve Your Health and Live Better (cont'd)

## Create Your Simple Action Plan For Healthier Living:

Your Health Goal #2 is \_\_\_\_\_  
 (e.g. "run 2 miles two times per week" or "lose 15 pounds")

\_\_\_\_\_ by \_\_\_\_\_ / \_\_\_\_\_  
 mm 4 digit year

**Why? What are the benefits** of achieving this health goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What steps** steps must you take to achieve this health goal and **when** will you take them?

Step 1. \_\_\_\_\_

When? \_\_\_\_\_

Step 2. \_\_\_\_\_

When? \_\_\_\_\_

Step 3. \_\_\_\_\_

When? \_\_\_\_\_

Step 4. \_\_\_\_\_

When? \_\_\_\_\_

**Milestones: How will you measure progress** over time?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*\* Always consult a licensed & qualified physician before undertaking any diet or exercise plan.*

\*\* Post a copy of this form where you'll see it every day! \*\*

