

Session One Assignment:

1. Why do you want to be healthier this year?

2. Why?

3. How will you become healthier by December 31st of this year? (3 areas of health)

***Recommended to set 1 goal in each area**

Wellness (peaceful/loving relationships, finances, happiness in life, stress reduction, restful sleep, lack of illness/disease):

Fitness (physical condition, bodyfat %, flexibility, strength, stamina):

Nutrition (eating and drinking habits, types of foods, amounts of food):