JANUARY

GOALS:

Go to the Doctor ☐

Know you base line numbers ☐

- **Blood Pressure _____**
- **BMI _____**
- **Cholesterol _____**

STEPS TO TAKE:

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TIPS:

- **Healthy blood pressure is less than 120/80**
- **Healthy BMI (Body Mass Index) is between 18-25**

This month I am feeling…

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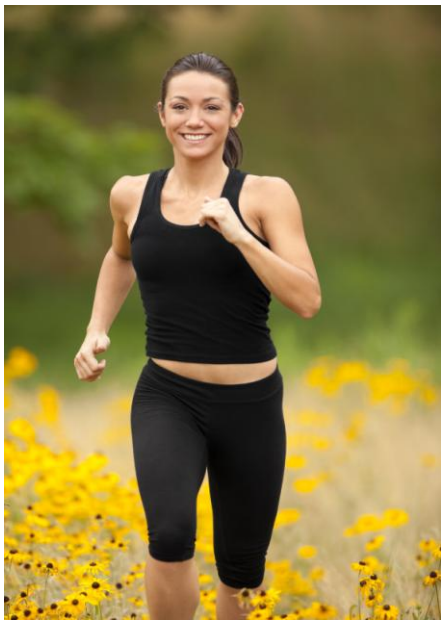
FEBRUARY

GOALS:

Move More ☐

- **Train for an event or race**

STEPS TO TAKE:



TIP:

- **Training for an event gives you a deadline and clear goal**
- **Research shows if you exercise with a friend or a group you are more likely to stick with a regimen.**

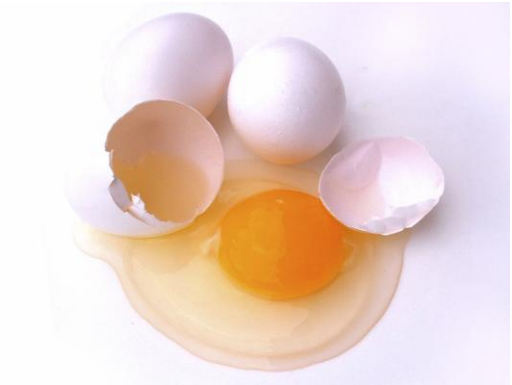
This month I am feeling…

M A R C H

GOALS:

Curb Your Cravings ☐

STEPS TO TAKE:



TIP:

- **If you crave sugar all day, your breakfast may be the blame. Research shows starting the day with carbohydrates primes the body to crave more sugar.**
- **Start your day with lean protein instead.**

This month I am feeling…

A R P I L

GOALS:

Eat Fresh Challenge ☐

STEPS TO TAKE:

TIP:

- **By switching from processed to fresh foods, you can drop 8 pounds and reduce your cholesterol by 20 percent.**

This month I am feeling…

M A Y

GOALS:

Treat and Protect Your Skin ☐

STEPS TO TAKE:

TIP:

- **For younger-looking skin, eat:**
  - **Sweet Potatoes**
  - **Salmon**
  - **Turmeric Spice/Curry**
- **Research shows sweet potatoes can help fight free radicals that cause aging, turmeric prevents skin damage, and salmon helps skin maintain moisture and elasticity.**

This month I am feeling…

JUNE

GOALS:

Get the Medical Procedure You've Been Putting Off ☐

STEPS TO TAKE:

TIP:

- **Delaying a medical procedure can lead to greater complications and even greater costs in the long run.**

This month I am feeling…

JULY

GOALS:

Challenge Yourself to Try a New Workout ☐

STEPS TO TAKE:

TIP:

- **New classes challenge your muscles in new ways to help you break through fitness plateaus.**

This month I am feeling…

A U G U S T

GOALS:

Weight Train ☐

STEPS TO TAKE:

TIPS:

- **Aim for 20 minutes of strength training four to five times per week. Arms one day; legs the next.**
- **Take your time: Lifting slowly increases resistance, improves your form and your results.**

This month I am feeling…

S E P T E M B E R

GOALS:

Stress Less ☐

STEPS TO TAKE:

TIP:

- **Write in a journal.**
- **Meditation or prayer.**
- **Be sure to get plenty of B-vitamins to support you nervous system.**
- **Exercise.**

This month I am feeling:

O C T O B E R

GOALS:

Fight Fall Fatigue ☐

STEPS TO TAKE:

TIP:

- **When tired, roll up & down on your toes to improve circulation.**
- **When you hit the afternoon slump, drink white tea instead of coffee. White tea has highest concentration of L-theanine, an amino acid that stimulates alpha brain waives and boosts alertness.**

This month I am feeling…

N O V E M B E R

GOAL:

Give to Others ☐

STEPS TO TAKE:

TIP:

- **Research shows those who give to others, feel more grateful and less depressed and anxious.**
- **Studies find those who give are also less likely to be sick.**

This month I am feeling…

D E C E M B E R

GOALS:

Celebrate You!!! ☐

STEPS TO TAKE:

TIP:

- **Substitute butter and oil with apple juice or apple sauce in baked goods.**

This month I am feeling…

SMOKING

GOALS:

STOP SMOKING ☐

STEPS TO TAKE:

- **Change your attitude. Tell yourself you can learn to live without tobacco.**
- **See a doctor. Less than 10% of smokers can quit cold turkey. Most need some sort or medication or nicotine replacement.**
- **Change your environment. Keep your home, car and workplace smoke-free, and make sure you have something else to do there rather than smoke.**

TIPS:

- **If you need something in your hand to take the place of a cigarette, use a cinnamon stick.**
- **If you need to simulate the feel of a cigarette in your mouth, drink ice cold water through a straw. This will also stimulate chemicals in the brain that release dopamine, much like nicotine does.**
- **Remember every cigarette takes 7 minutes off your life.**

This month I am feeling…

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