

Road-map to a Healthier You Worksheet

1. Your Destination

where do you want to be health wise ?

2. Your Realities

where are you right now ?

3. Your Game Plan

What do you need to do to get to where you want to be ?

4. Your "WHY"

Why do you need to do this ?

5. Your Benchmarks

How do you know that progress is being made ?
