9 Areas for Planning Your Life "Your Health"

Answer the Following Questions About Your Health and What You Can Do to Develop Healthy Habits That Will Last a Lifetime.

1. How is my weight? Do I need to drop a few pounds to get to a normal, healthy weight? How can I do that?

2. Have I been getting enough exercise? What can I do to burn calories and get my heart rate elevated 3-5 times per week?

3. Do I eat as well as I should? What foods can I add and/or cut out in order to make my diet healthier?
4. When was the last time I saw a doctor? Have I made a
commitment to see a doctor at least once a year?