



Use this space to take notes on lifestyle changes you hear about on the webinar that you would like to make.

In the spaces below: chose one thing from your notes above that you will go to work on, or re-commit to a health goal that you already have and detail three things that will get you on your way.

### My Goal

Make a goal for one change you want to make and write it below.

Make it specific and realistic.

My goal is:

### My Action Steps

What are three do-able things you can do to make that goal a reality?

1.

2.

3.