

## This is what motivates me to stay healthy:

## My goals for physical wellness are:

1.			
2.			
3.			

## My goals for emotional/spiritual wellness are:

1.		
2.		
3.		

## Action steps I can start right now to reach my goals:

2.	1.		
	2.		
3.	3.		

I have the following concerns or questions about my health to share with my provider:

Notes: