

My Healthy Lifestyle Changes

	What will I change?	Where will I do it?	How will I do it?	Who will help me?	Results to look for
Goal #1	Start date: Confidence: 1 2 3 4 5 6 7 8 9 10				
Goal #2	Start date: Confidence: 1 2 3 4 5 6 7 8 9 10				
Goal #3	Start date: Confidence: 1 2 3 4 5 6 7 8 9 10				