

My LivingSmart Wellness Plan



I am committed to making healthy choices to improve my life!

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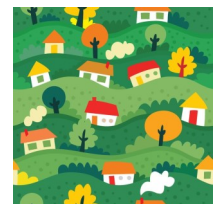
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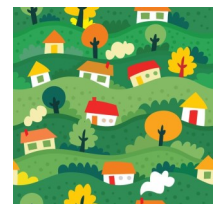
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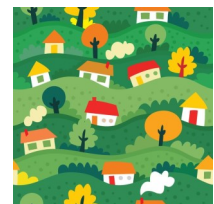
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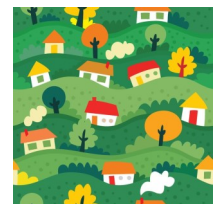
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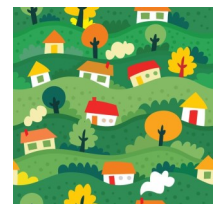


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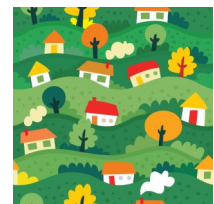
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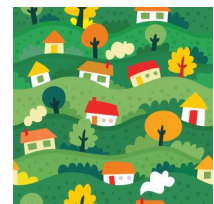
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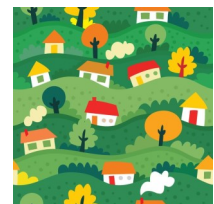
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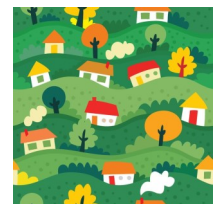
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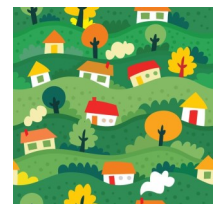
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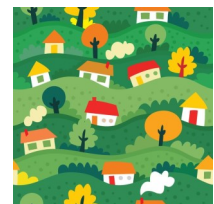
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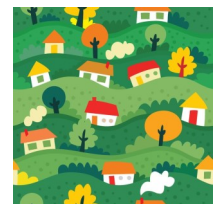
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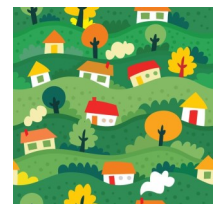


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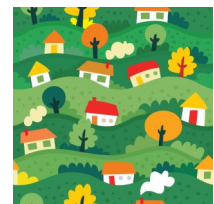
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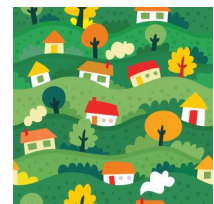
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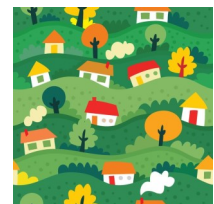
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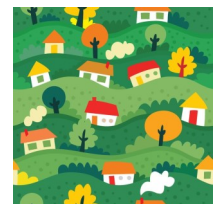
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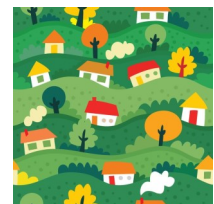


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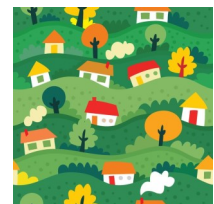
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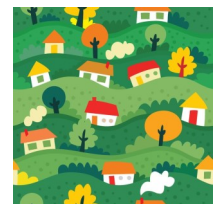
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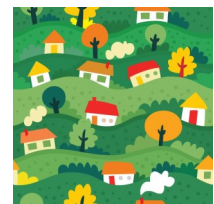
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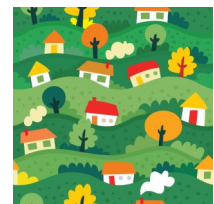
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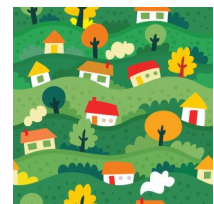


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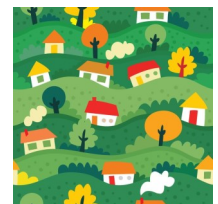


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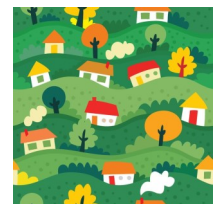
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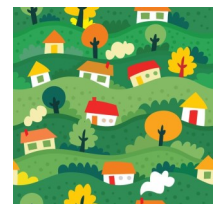
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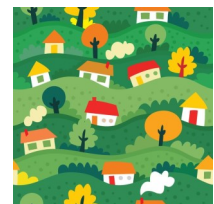
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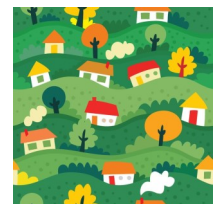
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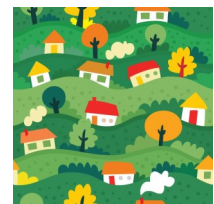
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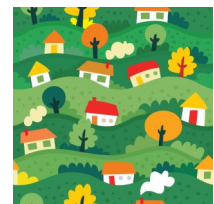
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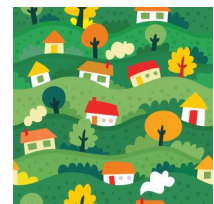
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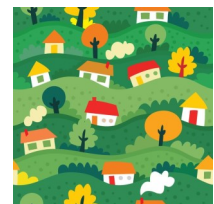
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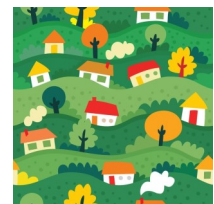


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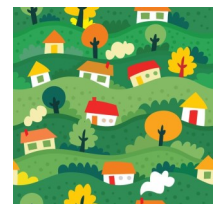
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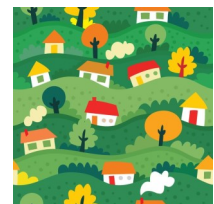
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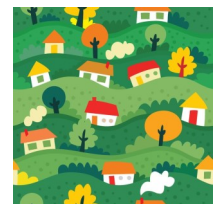
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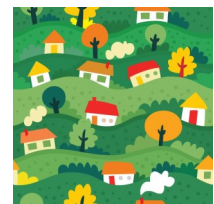
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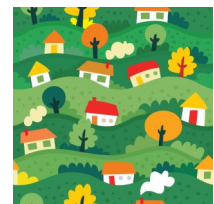
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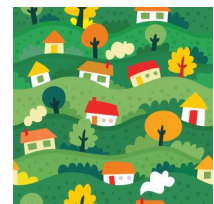
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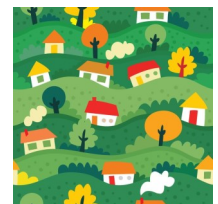


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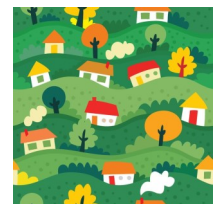
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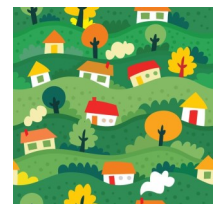
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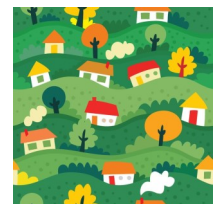
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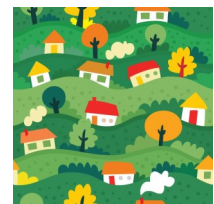
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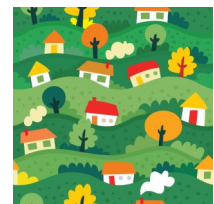
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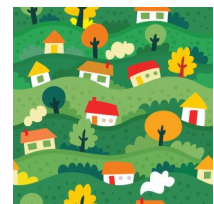


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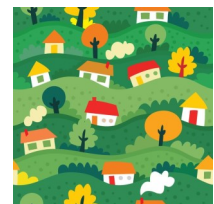
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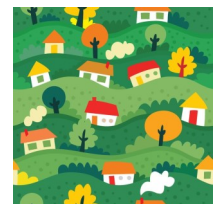
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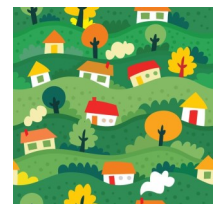
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12 mos.

Good Health takes organization of your lifestyle, careful management of your time, and a regular pattern of intentional changes from the habits of “before.” Use this page as a Guide and track your progress.



First: List areas you wish to improve.

1.
2.
3.

My SMART Plan

Specific: _____

Measurable: _____

Attainable: _____

Reward: _____

Timeline: _____

Now, write a **SMART goal** for achieving this?

Specific . . . Be specific in what you want to accomplish and the action steps you will take.

Measurable . . . If you can't measure it, you can't manage it.

Attainable . . . Set goals you can realistically accomplish in a few weeks or months.

Rewarded . . . Reward yourself when you reach your goal.

Timeline-based . . . Set time expectations. Have a start date and a finish date.

Tips to Help You Reach Your Goals:

1. Focus on one goal at a time as you begin. Too many can be overwhelming and cause you to lose interest.
2. Start with small steps that are challenging.
3. Log your progress daily . . . It's motivating!
4. Re-evaluate your progress often. If something is not working, try a new approach.
5. Seek encouragement from family, friends, spiritual resources.

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COMMITMENT

Signed: _____