

# ***UNplugg and REconnect:***

## **Technology Overload:**

- How much time are you on your Phone each day?
  - Business or Personal
- How often are you on Social Media?
- What NO-Tech things do you enjoy?
- Are you BUSY or PRODUCTIVE?

**TIME > money**

## **Get Outdoor Time: (GREEN Therapy)**

- Go for a walk
- Find a local Park
- Walk your Dog

## **Health:**

In 2020 how was your \_\_\_\_\_ health affected?

- Mental: \_\_\_\_\_
- Physical: \_\_\_\_\_
- Chemical: \_\_\_\_\_

What changes do you plan to make in 2021? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In 2021 what will you START-STOP-CONTINUE doing? (Be Specific)

START: \_\_\_\_\_

STOP: \_\_\_\_\_

CONTINUE: \_\_\_\_\_

## **Social Groups:**

How do you plan to return to socializing? Meet-Up groups offer in person social groups based around common interests, if a local group does not exist, start one yourself...

***“Be Mindful and live in the PRESENT.”***

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Jared Byer, HFC | Made 2 Move Fitness | [jared.byer@made2movefitness.com](mailto:jared.byer@made2movefitness.com)