

HEALTH GOALS

NAME: _____ DATE: _____

5 Basics of health:

1. Nervous System /Chiropractic
2. Exercise / Movement
3. Diet / Nutrition
4. Mental Health / Stress
5. Sleep / Rest / Recovery

HEALTH AREA (1) – NERVOUS SYSTEM / CHIROPRACTIC:

GOALS:

ACTION STEPS:

1. _____
2. _____
3. _____

HEALTH AREA (2) – EXERCISE / MOVEMENT:

GOALS:

ACTION STEPS:

1. _____
2. _____
3. _____

HEALTH AREA (3) – DIET / NUTRITION:

GOALS:

ACTION STEPS:

1.

2.

3.

HEALTH AREA (4) – MENTAL HEALTH / STRESS:

GOALS:

ACTION STEPS:

1.

2.

3.

HEALTH AREA (5) – SLEEP / REST / RECOVERY:

GOALS:

ACTION STEPS:

1.

2.

3.
