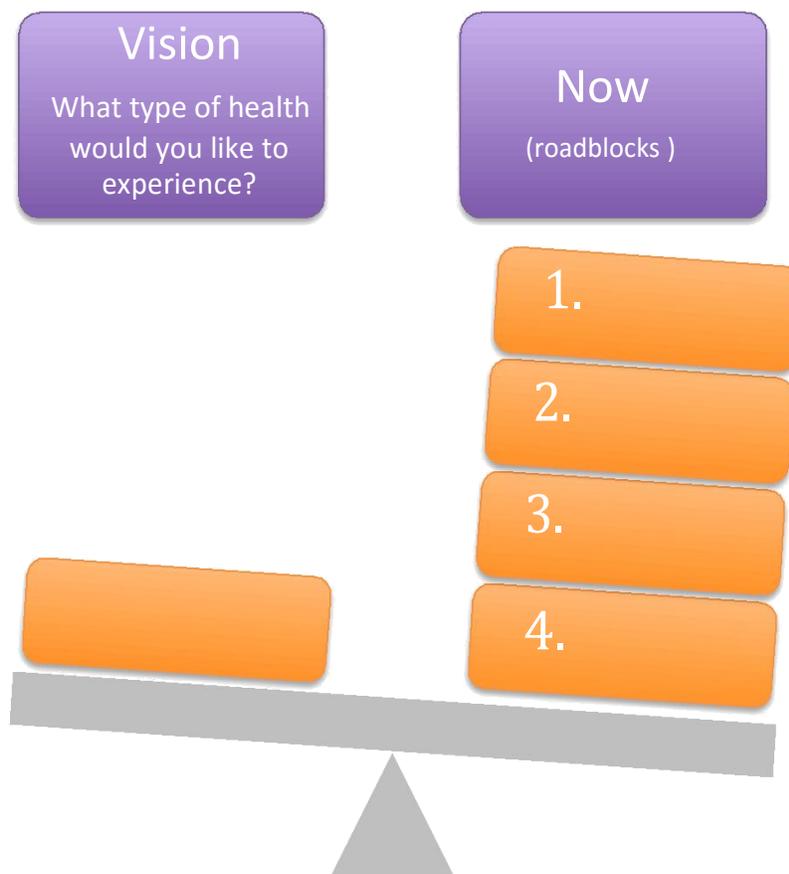


Health and Wellness Goals

My top 3-wellness/health care goals are:

1. _____
2. _____
3. _____

The 4 roadblocks which always seem to get in the way of me achieving my goals are:



Name: _____