

Making Health a Priority Challenge

The Challenge this week is to set a goal: Simple and attainable that you can work towards over the next several weeks. Write it down and post it where you see it every day! Even allow others to know what your goal is so they can encourage you along the way!

This challenge can be used for the next few weeks. You can use it to continue to make positive changes to your daily routine to make health a priority. Set a simple goal, ways to achieve that goal, and list people in your life that will help you and hold you accountable to achieve that goal. Lets do it!

1. What is your goal for the next few weeks?

2. Steps you can take to achieve your goal:

3. Who will be your support system?
