

MAKING CHANGES STICK



MAKE YOUR PLAN FOR MOVING FORWARD BY ANSWERING THE FOLLOWING QUESTIONS:

What changes have I made over the last six months? What am I most proud of?

Where do I envision my health in another 6 months? What habits will help me get there?

Where do I rate myself on a scale of 1-10 on the following?

10 = amazing 1 = lots of room for improvement

nutrition ____ physical activity ____ sleep ____

social/emotional wellbeing ____ screen time ____

Consider setting a SMART goal around whichever area has the most room for improvement.

My SMART goal moving forward:

(specific, measurable, attainable, relevant, time-bound)



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group