

inThrive Chiropractic

Dr. Randy Wurts

Health Goals

Choose goals that motivate you toward health, not avoiding sickness. Create a picture of what your life will look like one year from now. You may want to run a 5k with your children, go on a trip, remain independent or have more energy. What is in your heart that your current health is holding your back from?

1. _____
2. _____
3. _____

Eating habits: Start by adding health foods to your diet (fresh fruits and vegetables, supplements)

1. _____ Month _____
2. _____ Month _____
3. _____ Month _____
4. _____ Month _____
5. _____ Month _____
6. _____ Month _____

List Three foods/drinks that I do not want to give up then the 3 healthy foods that I will choose to eat before them.

1. I choose to eat _____ as a healthy food before I eat _____
2. I choose to eat _____ as a healthy food before I eat _____
3. I choose to eat _____ as a healthy food before I eat _____

Thinking habits: How will I begin to improve my mental health? Positive Reading, become more social

1. _____ Month _____
2. _____ Month _____
3. _____ Month _____
4. _____ Month _____
5. _____ Month _____
6. _____ Month _____

Moving habits: Start small and then increase. Walking, jogging, running, workout class?

1. _____ Month _____
2. _____ Month _____
3. _____ Month _____
4. _____ Month _____
5. _____ Month _____
6. _____ Month _____