

# inThrive CHIROPRACTIC

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## 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 3k 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 \_\_\_\_\_