

Name: _____

Take Charge of Your Health.

Describe how things are for you / Describe how you'd like them to be

	How Things Are...	How I'd Like them...
Weight:	_____	_____
Energy:	_____	_____
Skin:	_____	_____
Hair:	_____	_____
Overall appearance:	_____	_____
Focus:	_____	_____
Grades:	_____	_____
Moods:	_____	_____
Self-confidence:	_____	_____
Relaxation/Sleep:	_____	_____
Ability to participate:	_____	_____
In activities:	_____	_____
Family Health:	_____	_____
Goals/Dreams:	_____	_____

If your life isn't everything you want, what can you do? _____

Medical science tells us that healthier habits make a difference in the quality and experience of our life in both the short and long term.

Yoga balances, energizes and restores us providing physical fitness as well as mental clarity and emotional stability.

Good nutrition provides the fuel we need to function well and feel good.

If you want to take charge, first look at what stops you and re-think it!

List your reasons for not eating fruits and vegetables daily. _____

List your reasons for not exercising. _____

List your reasons for not getting enough sleep or water. _____

Cross out the reasons that you know you can change easily if you choose to.

Circle the reasons that really are obstacles.

Brainstorm with your community - teachers, friends, family, etc. - about what you could do to overcome those obstacles. How can you help each other? What simple steps can and will you make? _____

Take on the healthy eating and activity
experiment for 2 weeks and notice changes.

Take charge of your health, feel proud of yourself and enjoy your life ...