

# My Wellness Goals

## Dietary

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Hydration

1. \_\_\_\_\_
2. \_\_\_\_\_

## Exercise

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Leisure

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Work

1. \_\_\_\_\_
2. \_\_\_\_\_

## Other

1. \_\_\_\_\_
2. \_\_\_\_\_