



PERSONAL WELLNESS PROGRAM

<p><u>Current Health Condition(s)</u> exs. Chronic pain, diabetes...</p>	<p><u>Present</u> Take medication</p>	<p><u>Goal(s)</u> Read more about my disease</p>
<p><u>Time For Self</u> exs. Hobbies, reading</p>	<p>Sometimes read</p>	<p>Read every day for 20 minutes</p>
<p><u>Rest/Sleep</u> How many hours do you sleep? Rituals before you go to bed?</p>	<p>5 hours Drink coffee with milk</p>	<p>7 hours No caffeine after 5pm, listen to music</p>
<p><u>Manage Stress</u> What do you do? What makes you anxious?</p>	<p>Ignore it, hold it in, take more medication</p>	<p>Listen to my body and breathe</p>
<p><u>Exercise</u> What do you do? How often? How long?</p>	<p>Walk 2x's per week for 20 minutes</p>	<p>Start using treadmill 2x's per week for 10 minutes Get a exercise partner</p>
<p><u>Nutrition</u> How many meals do you eat? Do you eat between meals? Drink caffeine, eat fried foods? What is your weight? Height? BMI?</p>	<p>2 Snack often 2 cups a day and love fried chicken 164 5' BMI 32</p>	<p>Eat 4-5 mini meals Eat fruit Drink decaf Broil chicken 150 BMI 29</p>