



What's Your Plan for Staying Healthy in the New Year?

Use this handy checklist, ask family and friends for ideas or help, and then **GO DO IT!**

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|---|---|
| <input type="checkbox"/> Physical Activity | <p><i>Example: Take a walk twice a week for 20 minutes</i></p> <ul style="list-style-type: none"> • _____ • _____ • _____ |
| <input type="checkbox"/> Medical Check-Ups | <p><i>Example: Schedule annual check-up with regular doctor; Schedule a 6-month dental check-up</i></p> <ul style="list-style-type: none"> • _____ • _____ • _____ |
| <input type="checkbox"/> Nutritious Eating | <p><i>Example: Eat at least 3 vegetables and 3 fruits each day</i></p> <ul style="list-style-type: none"> • _____ • _____ • _____ |
| <input type="checkbox"/> Staying in Touch with Family & Friends | <p><i>Example: Text funny joke to dad once a week; meet with ILO friends every week; attend ILO's Social Sunday</i></p> <ul style="list-style-type: none"> • _____ • _____ • _____ |

Use the boxes below or another sheet of paper for your own personal 2020 goals.

| | |
|--------------------------------|--|
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |
| <input type="checkbox"/> _____ | |