Healthy Habits Challenge | What's your Why?

Before you start it's always good to list what your concerns are and why you want to become healthier. In this first section, list the reasons why you chose to participate in the challenge. Please list your why and your concerns below:

Healthy Habits Challenge | SMART Goals

It is also a good idea to set some goals so you have incentive to keep moving forward. Remember, your goals should be Specific, Measurable, Attainable, Relevant, and Time Bound. An Example of a SMART Goal is I am going to drink 5 glasses of water every day next week.

Please list your short term and long term goals below: