

Understanding your Health Mini-Plan

I _____ want to improve my health as best I can every day of my life.

My aim is to improve my holistic and heart health by improving my lifestyle

Today & tomorrow I will make small changes e.g. physical activity, healthy eating

1. _____
2. _____
3. _____

Every day next week and for the rest of this month I will make bigger changes: e.g. quitting smoking, having my blood pressure & cholesterol checked

1. _____
2. _____
3. _____

At the end of the month if I have stayed with the plan I will reward myself by..... e.g. new outfit , spa day etc

Things I will do to help me stay with my holistic and heart health for life:

e.g healthy eating, physical activity, recognising my stress symptoms

1. _____
2. _____
3. _____

Signed..... Date.. ..

Witnessed

