



TAKE HOME ACTION PLAN

- Nutrition
 - How has your body composition changed?
 - Has your weight or body fat decreased?
- Physical Activity
 - Have you created a fitness plan? Is it working for you?
- Mindset
 - Is working out or increasing your physical activity a priority for you?
How have you (or could you) change your daily schedule to include physical activity?
- Sleep
 - Are you getting the quantity and quality of sleep you need?
 - Have you created a bedtime routine?