

Create Your Own Physical Health Journey!



Commit to making progress! Use the below behavior change system steps to assist you in becoming the best version of yourself. Use this as needed to optimize your health behaviors. Get started today!

Domain of Lifestyle Medicine (Health Behavior):

Assess - Evaluate your current health habits and think about how you would like things to be different.

My assessment:

Purpose – Why do you want to make this change?

My purpose:

Prioritize - Narrow it down to one or two main health behaviors that you want to focus on changing.

My priority:

Mindset – How will you choose to think about your change efforts?

My mindset:

Game Plan - Determine what is required and what strategies would yield the greatest return/reward.

*Set a specific, measurable, attainable, realistic, and time-oriented goal.

My game plan:

Action - Put the game plan into motion and implement strategies you came up with!

My action steps:

***Reflect** - Think back on what you accomplished and what you learned from the experience.

My reflection:

***Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

Other improvement opportunities: