

Healthy New Year!

Log your health-related goals and intentions for the New Year below! Track your progress throughout the year by checking the box next to each goal as you complete it.

2022 HEALTH GOALS

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

DO MORE OF:

MENTAL

DO LESS OF:

MENTAL

PHYSICAL

PHYSICAL

EMOTIONAL

EMOTIONAL