

Setting My Goals for a Healthy Living Plan

BLM21: Health Journal
Back-to-Basics Healthy Eating Guide

PROS	STRATEGY	CONS
FACTS		

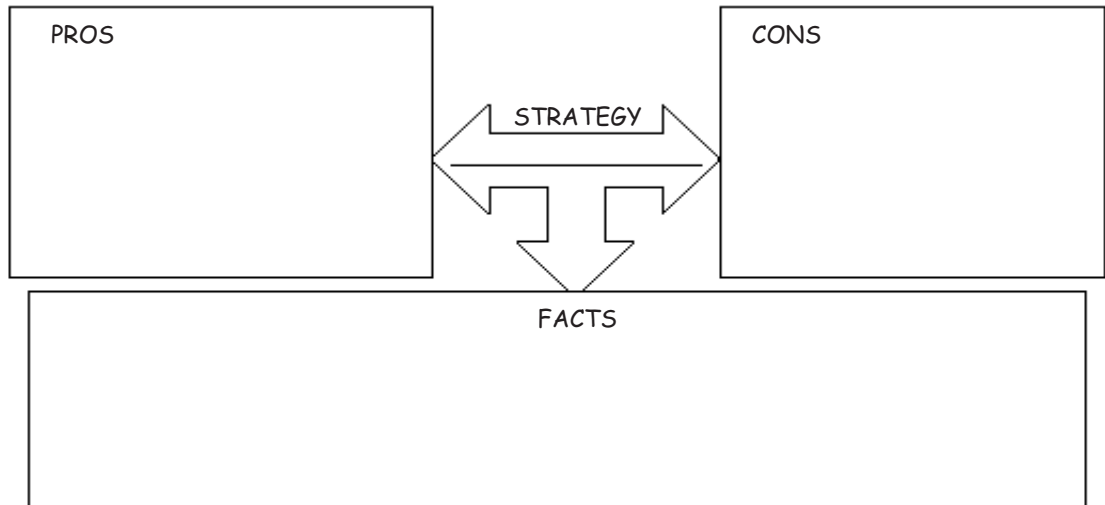
My decision: _____

PROS	STRATEGY	CONS
FACTS		

My decision: _____

Setting My Goals for a Healthy Living Plan

BLM21: Health Journal
Back-to-Basics Healthy Eating Guide



My decision: _____

