



MY Prime-Time Health Commitments

NAME _____ DATE _____

1. I will create my own Individual Retirement Plan for my Health YES NO

2. Step 1: I will make health my hobby YES NO

3. My plan to start moving or increase my movement will include
 - a. I will walk 30 minutes... 3 days a week 5 days a week every day
 - b. I will join a class to exercise YES NO
 - c. I will find a partner to join me in exercise YES NO
 - d. _____

4. I am going to start grazing on good food YES NO

5. I plan to add the following young foods

Blueberries	salmon	spinach (more dark green leafy veggies)	nuts
Seeds	olive oil	more fruit	more seafood

6. I am going to measure my waist and work to reduce it if needed YES NO

7. I am going to eat more veggies YES NO

8. I am going to eat more fruit YES NO

9. I am going to eat more seafood YES NO

10. I am going to practice **more skills** so I can *reduce my pills* YES NO

11. I WANT TO TAKE JUICE PLUS+ like Dr Sears.

ORCHARD AND GARDEN BLEND	YES	NO
VINEYARD BLEND	YES	NO
COMPLETE	YES	NO

12. I want to share this knowledge with others YES NO

I want to take these steps so that
