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Staying Healthy in an Often Unhealthy World

Identify and name 2 to 3 unhealthy habits you would like to break.

01. _____

02. _____

01. _____

Identify and name 2 to 3 new, healthy habits you can implement into your life.
(The more specific you are, the easier it will be able to develop this new habit)

01. _____

02. _____

03. _____

Staying on track with health goals can be difficult. Identify and ask a friend, health coach or someone you trust to act as an accountability partner during your journey to health.

Name _____

Phone# _____

Schedule of days/times to for check ins...

Keep track of your successes & victories. You can begin here...

01. _____

02. _____

03. _____

04. _____

05. _____

06. _____

07. _____

08. _____

09. _____

10. _____