

Total Chapter

Lifestyle Changes I Want To Focus On

Selection	Pick Three
0	Stop Smoking
0	Eliminate or Reduce Alcohol
0	Stop Unprescribed Drugs
15	Regularly Exercise
8	Eat a Healthy Diet
8	Get Adequate Sleep
7	Manage Stress
3	Spiritual
2	Nurture Social/Emotional with Others
4	Volunteer/Pay Forward
5	Relax/Play more often
5	Work with health care professionals to keep cholesterol, blood sugar, blood pressure, pulse rate, and weight numbers in healthy range
0	Medication Compliance
3	Mental Exercise
0	Pet Therapy

Chapter Response to Lifestyle Choices

