

	<b>Total Chapter</b>
--	----------------------

<b>Lifestyle Changes I Want To Focus On</b>	
---	--

<b>Selection</b>	<b>Pick Three</b>
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
	Work with health care professionals to keep cholesterol, blood sugar, blood pressure, pulse rate, and weight numbers in healthy range
5	Medication Compliance
3	Mental Exercise
0	Pet Therapy

## Chapter Response to Lifestyle Choices

