

# WISEWOMAN Healthy Lifestyle Goals



Name: Ella Fitzgerald

Choose a goal that is most important to you

My healthy lifestyle goal is to eat one more piece of fruit each day.

My plan is to walk to the store twice a week to buy fruit on sale.

These resources will help me reach my healthy lifestyle goal

Michigan State University Extension - 231-592-0792

www.michigancancer.org/bcccp/wisewomanprogram

This weekly calendar will help track my progress

(Make a check in the box each day you meet your goal.)

<b>Week 1</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat	<b>Week 6</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>Week 2</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat	<b>Week 7</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>Week 3</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat	<b>Week 8</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>Week 4</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat	<b>Week 9</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>Week 5</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat	<b>Week 10</b>	Sun	Mon	Tue	Wed	Thur	Fri	Sat

Signature Ella Fitzgerald Date 1/15/2010

Primary phone number 231-555-1212 When is a good time to call? Wed morning

Secondary phone number 231-555-1411 Email address \_\_\_\_\_

Next appointment Wed February 3  Face to Face  Telephone

Lifestyle Counselor Heather Miller Phone \_\_\_\_\_

30 min. (99402)  45 min. (99403)  60 min. (99404) MBCIS # 241090