

# My Wellness Vision

**Vision:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## My Motivators

\_\_\_\_\_  
\_\_\_\_\_

## My Obstacles

\_\_\_\_\_  
\_\_\_\_\_

My **Strategies** to overcome my obstacles  
are: \_\_\_\_\_  
\_\_\_\_\_

## My Support System:

People: \_\_\_\_\_

Organizations: \_\_\_\_\_

Clubs: \_\_\_\_\_

Equipment: \_\_\_\_\_

Etc.: \_\_\_\_\_

## My Three Month Goals

**Activity:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Nutrition:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stress:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Other:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_