



## CARE's WorkLife Solutions

Toll Free 866.888.1555

[www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)

# Making Better Health Your Goal

There are a few things you should know about your health. You probably have a fair idea of how you measure up in some of these areas and no idea of where you are on others. Use this guide to help you make better health your personal goal.

Item	Current	30-Day Goal	6-Month Goal
Weight	_____	_____	_____
Smoking (amount per day)	_____	_____	_____
Alcohol (amount per day)	_____	_____	_____
Sleep (hours per day)	_____	_____	_____
Exercise (minutes per day)	_____	_____	_____
Stress level (rate 1 to 10)	_____	_____	_____
Blood Pressure (if known)	_____	_____	_____
Cholesterol (if known)	_____	_____	_____

How important is your health to you now?

Do you think your health concerns may change in the future? Explain.

What areas would you like to gather more information?

What areas would you like to improve?

If you would like assistance with achieving these goals, call 866.888.1555 and speak to a clinician at CARE's *WorkLife Solutions*