

GOALS

- ☐ Change One Habit
- ☐ Buy a Pedometer
- ☐ Find Your Resting Heart Rate
- ☐ Check Your Blood Pressure
- ☐ Enhance Your Workstation
- ☐ Count Your Calories For One Day
- ☐ Get an Eye Exam
- ☐ Pass All Kraus-Weber Tests
- ☐ Negative Result on R. Phalen's Test
- ☐ Take a Yoga Class
- ☐ Do a Pomodoro Workout
- ☐ Sign Up For an Online Fitness Service