# Mission Statement

This high level view of how users view their health and the way they want to live and what they value.

## Coaching Program

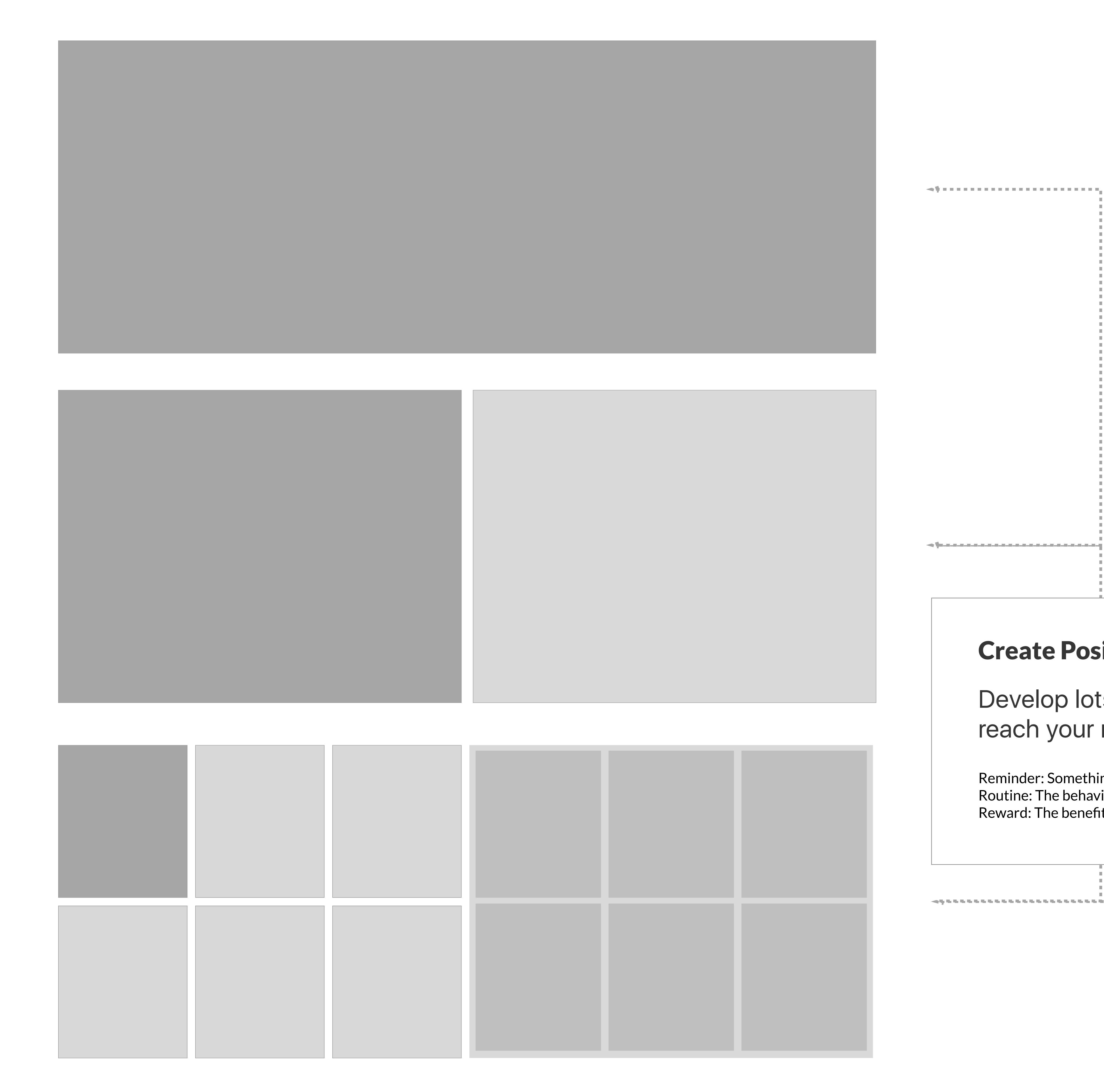
The user's medium term goals. Users can likely work on 1-2 at a time.

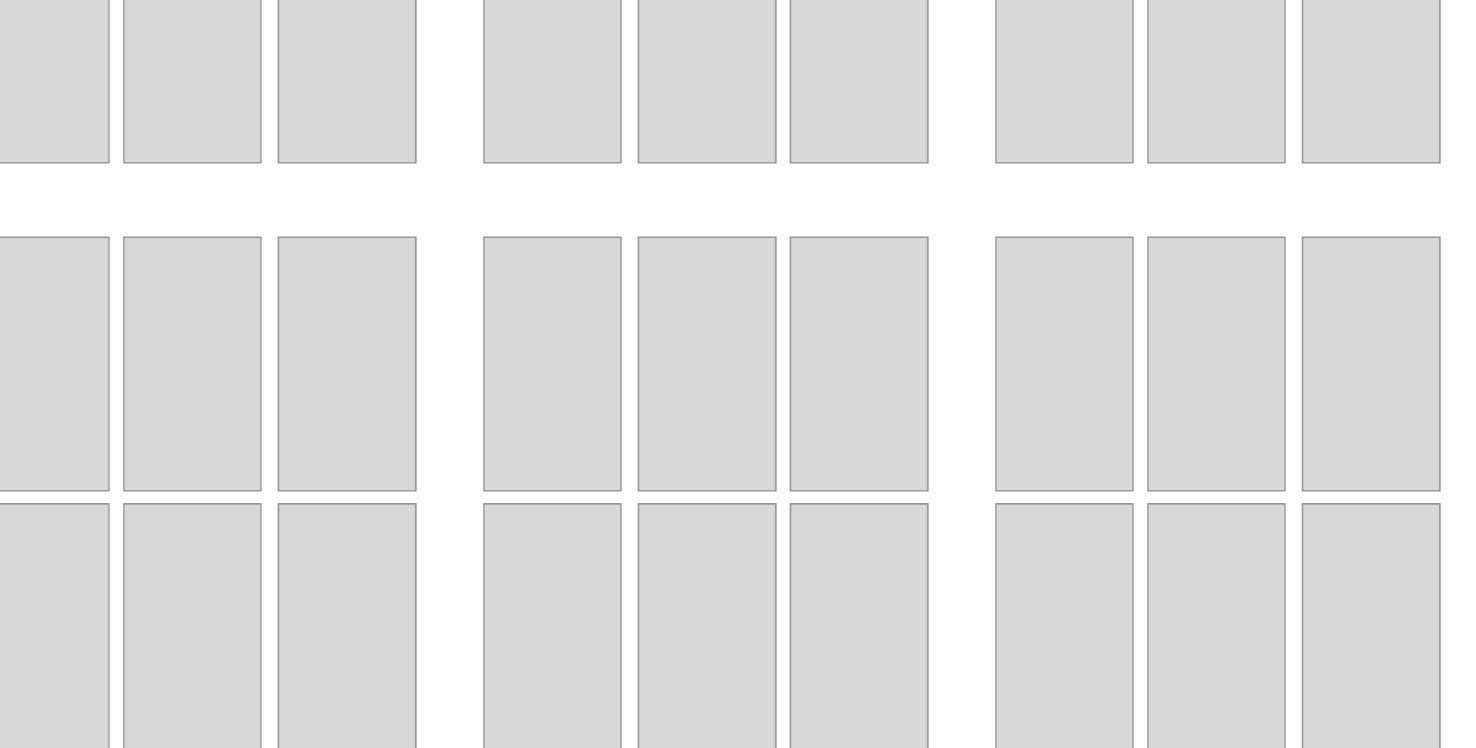
### Skills

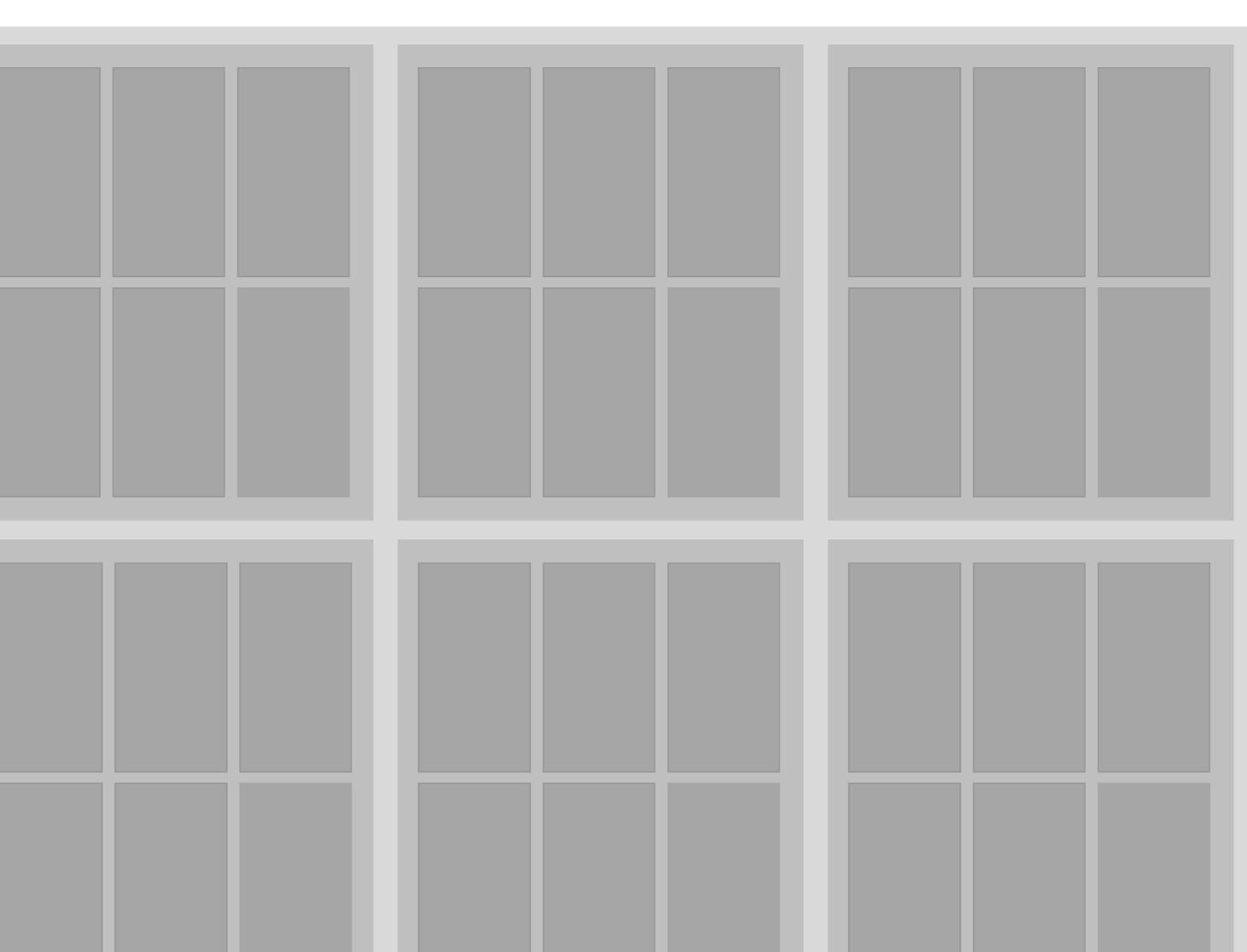
The user's short term goals. Users can likey work on 1-3 at a time.

## Action Steps

The user's immediate term goals. Users can likey work on 2-8 at a time.









Develop lots of small positive habbits to reach your mission statement

Reminder: Something in your environment that acts as a cue to start the behavior. Routine: The behavior or the action you take. Reward: The benefit you experience from doing the behavior.

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