

MY HEALTH GOALS AND CONCERNS

Day 1: What are my health goals for the Program?	Day 30: To what degree have I met my health goals?
1.	1.
2.	2.
3.	3.
Day 1: Other major health complaints	Day 30: To what degree have these complaints cleared up?
1.	1.
2.	2.
3.	3.

Notes: