Choosing Wisely For A Healthier Me

To keep my body healthy, and save money on healthcare
costs, I will choose to make a positive behavior change in
my food and physical activity choices. A personal goal I
would like to achieve within the next three months is:



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Signed:	Date:
Choosing Wisely For A Healthier Me	Pruits Grains Dairy
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Signed: _____ Date:____