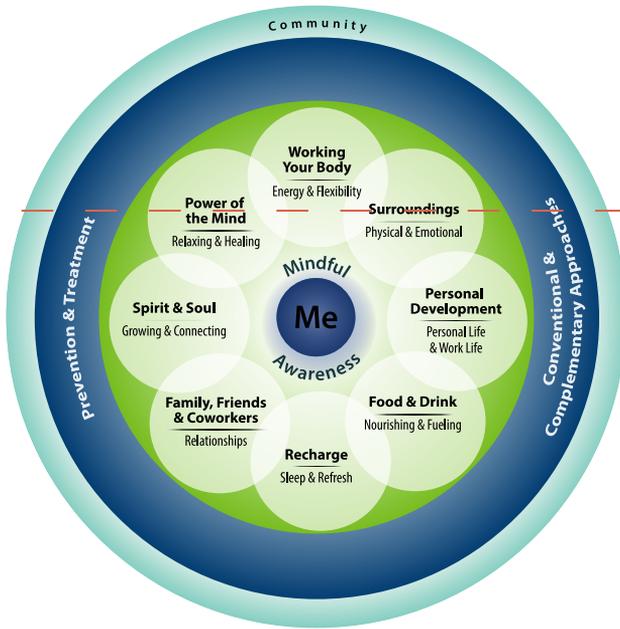


My Personal Health Plan Wallet Card

Whole health is all about me. I partner with my health team to support my mind, body, and spirit so I can live my life to the fullest.



Areas of strength (+) , Challenge (-)
My areas of focus are checked

+ or -	Area of Circle	✓
	Mindful Awareness	
	Working My Body	
	Surroundings	
	Personal Development	
	Food and Drink	
	Recharge	
	Family, Friends and Coworkers	
	Spirit and Soul	
	Power of the Mind	
	Professional Care	
	Community	



What do you live for? What matters most to you?

Why do you want to be healthy?

Overall life and health goals:

Changes I am making:

Major medical concerns:

Medications and supplements:

Treatments and interventions:

Prevention and health promotion strategies:

Information/Education/Groups/Health Coaching: