



*my personal  
health & wellness  
statement*

THINK OF THE TOP 3 HEALTH GOALS YOU WANT TO ACHIEVE

A PERSONAL HEALTH AND WELLNESS STATEMENT IS A  
PARAGRAPH THAT CLEARLY DEFINES YOUR HEALTH & WELLNESS  
GOAL AND HOW YOU WANT TO ACHIEVE IT.

WRITE YOUR PARAGRAPH EVERYDAY FOR ONE  
WEEK TO REINFORCE YOUR GOAL

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