

MY GOALS

From the questions you answered on the inside, decide what goal you are going to make this week.

For example, if you are not very physically active, your goal may be to begin walking at your local park three times a week.

My GOAL:

For more information contact your local WISEWOMAN Coordinator

Name:

Address:

Finding Resources in Your Community for Physical Activity

The University of North Carolina at Chapel Hill
Center for Health Promotion and Disease Prevention

North Carolina Department of Health and Human Services
NC Division of Public Health
NC WISEWOMAN Program

US Centers for Disease Control and Prevention



