

My Action Plan for Good Health

Set healthy goals within your reach! Make this your best year ever!

Month	Ideas for Monthly Goal Setting	Your Personal Goal
January	<p>Make Yearly Health Appointments Make your yearly appointments for check-ups, eye exams, dental visits, or lab work now.</p>	1. 2. 3.
February	<p>Move More & Keep Warm Try working out to a video at home or take a walk inside the mall. If you do have to go out outdoors and the weather is cold, stay dry and dress warmly several layers.</p>	1. 2. 3.
March	<p>Plan Your Meals Making your own food or eating at home is much more healthy than eating out. Take a few minutes each week to think about what you will eat, when and where.</p>	1. 2. 3.
April	<p>Get an Eye Exam Healthy eyes and good vision. Whether you wear glasses or not, getting checked each year can help find any eye problems early and keep you seeing your best.</p>	1. 2. 3.
May	<p>Spend More Time with Family or Friends Support from friends and family helps lift our spirits and keep us grounded. Get together at least once a week for dinner, coffee, or dessert. Keep it simple, make it fun.</p>	1. 2. 3.
June	<p>Travel Safely Talk to your doctor and make an appointment for a check-up. Your doctors can give you some good tips on how to stay healthy when you travel.</p>	1. 2. 3.

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July	<p>Be Smoke-Free Smoking or breathing other people's smoke can really hurt your health. If you have already quit or never smoked, great job! If you do smoke, quit today! Call 1-800-QUIT-NOW, or talk to your doctor for help.</p>	<ol style="list-style-type: none"> 1. 2. 3.
August	<p>Take Time for Yourself Each day, take some time for yourself. Do something just for you, even if it's only for 5 minutes. Having something to look forward to is important.</p>	<ol style="list-style-type: none"> 1. 2. 3.
September	<p>Get Annual Physical Exams Don't skip seeing your doctor for your yearly check-up. Finding and treating health problems early can keep them from getting worse.</p>	<ol style="list-style-type: none"> 1. 2. 3.
October	<p>Get the Flu Vaccine The flu vaccine can protect you from the common flu, which causes achiness, fever, sore throat, cough, and may lead to pneumonia.</p>	<ol style="list-style-type: none"> 1. 2. 3.
November	<p>Manage Stress It is hard to keep all stress out of your life, but you can learn how to manage it. A few small changes can help you deal with stress.</p>	<ol style="list-style-type: none"> 1. 2. 3.
December	<p>Create an Action Plan An action plan can help you save money by staying on top of problems before they get worse. It can also help keep you out of the ER and hospital.</p>	<ol style="list-style-type: none"> 1. 2. 3.