

Goal 1:

- I will eat at least 5 fruits and vegetables each day for a week.
- I will accomplish this goal by going to Costco on Monday and purchasing a variety of fruits and vegetables and incorporate them into my family's meals. I will focus on making the fruits and vegetables accessible and convenient to eat. I will be creative on adding many vegetables to our dinner salad.
- I did very well with this goal. I was able to accomplish eating many fruits and vegetables every day. The only thing I noticed that would prevent me from continuing this is the high cost of healthy produce. I spent double what I normally do on a weeks' worth of groceries to do this.

Goal 2:

- I will stretch each day for one week
- I will accomplish this goal by taking 20 minutes each evening to stretch my body, specifically my back to help me feel better.
- I did very well with this goal. I did notice that my back felt a lot better this week, and my muscles didn't hurt as much. I will continue to stretch each day whether or not I am able to exercise.

Goal 3:

- I will drink at least 6 cups of water each day for a week.

- I will accomplish this goal by making sure I keep my water bottle with me at work, and drink 2 of them a day. That would make sure that I drink enough water.
- I did well on the days I remembered to bring my water bottle to work and with me. The days I forgot, I did not drink enough. I will continue to work harder on making sure I am getting enough water intake.

Goal 4:

- I will exercise 3 times for at least 25 minutes for one week.
- I will accomplish this goal by making sure I set aside time during the week to do this. I will have to work out while my boys are at school.
- I did ok with this goal. I was able to easily exercise two times, but the third was pretty fast, and was only about 15 minutes. I need to organize my time better with school, work, and planning time to exercise during it all.

Goal 5:

- I will say 3 good things about my personal health and body each day for one week.
- I will accomplish this goal every morning while I get ready for the day. I will point out things to myself in the mirror.
- I did great with this goal. It felt pretty silly to find things about my body to compliment, especially since I think naturally it is easier to see things that I need to change. Doing this made me grateful for my body, and that I am healthy. It also made me happier throughout the day.