health matters

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Train Your Brain - December 2009
Program Guidelines

- Train your brain for at least 20 minutes each day during December
- Cognitive fitness activities may range from pleasure reading to acquiring new skills and knowledge. If the activity you choose requires brain power, it counts!

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and safety matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.