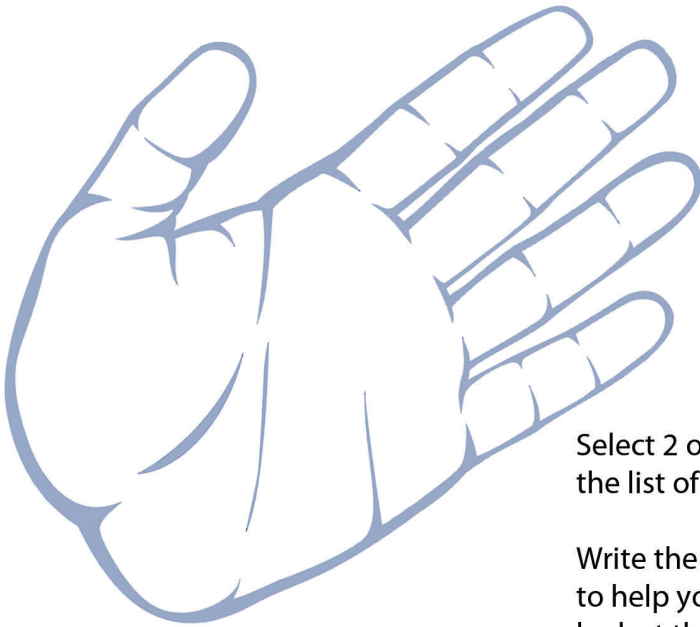


Maintain Balance

1C



- 1 - Food / Fuel
- 2 - Rest
- 3 - Physical Activity
- 4 - Medication
- 5 - Emotional Balance
- 6 - Recharge/Connect

Select 2 of the methods of maintaining balance from the list of 6 above.

Write the 2 methods you chose on parts of the hand to help you remember those methods each time you look at that part of your hand.

1D Target Behaviors

Write down 3 target behaviors that will help you accomplish each of your 2 SMART goals this term.

SMART GOAL 1

1 _____

2

3 _____

TARGET BEHAVIORS

SMART GOAL 2

_____ **1**

2 _____

_____ **3**

TARGET BEHAVIORS