

GOALS

#1: Change One Habit

#2: Buy a Pedometer

#3: Find Your Resting Heart Rate

#4: Check Your Blood Pressure

#5: Enhance Your Workstation

#6: Count Your Calories For One Day

#7: Get an Eye Exam

#8: Pass All Kraus-Weber Tests

#9: Get a Negative Result on Reverse Phalen's Test

#10: Take a Yoga Class

#11: Do a Pomodoro Workout

#12: Sign Up For an Online Fitness Service

#13: Learn About Your Family Medical History

#14: Take an Outdoor Vacation

#15: Take a Rock Climbing Class

#16: Reach the 50th percentile for the Fitness Test