

Lifestyle Change Card

A Personal Health Declaration of Independence

I believe that among my inalienable rights are the rights to health, happiness, and a longer life. To secure these rights, I *will* become more conscious of the whole person that is me. This plan is duly constituted by me and will be reviewed regularly.

I pledge to put into practice, with verve, that which I have written for each area:

Physical _____

Social _____

Emotional _____

Intellectual _____

Spiritual _____

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).