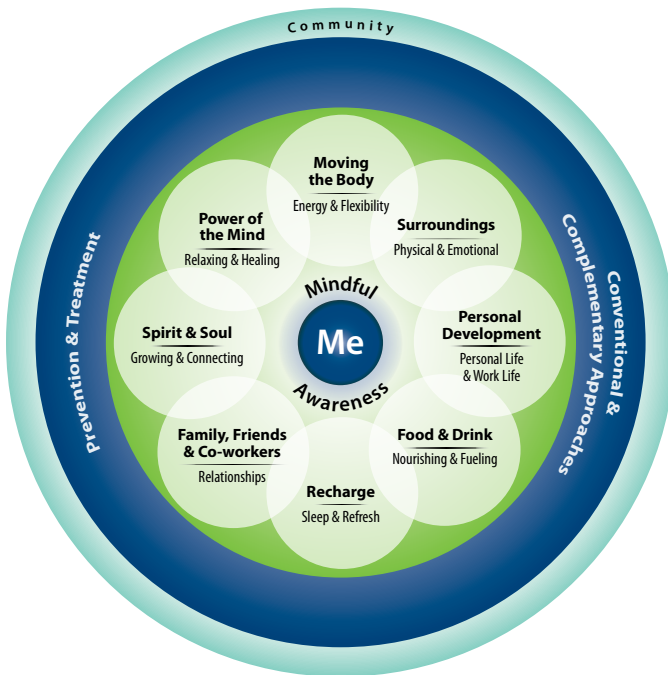




My Personal Health Plan Wallet Card

Whole Health is all about helping me live my life to the fullest.

My Mission, Aspiration, or Purpose: What matters most to me in my life right now?



Areas of strength (+), challenge (-)
My areas of focus are checked

+ or -	Area of Circle	✓
	Mindful Awareness	
	Moving the Body	
	Surroundings	
	Personal Development	
	Food and Drink	
	Recharge	
	Family, Friends, and Co-workers	
	Spirit and Soul	
	Power of the Mind	
	Professional Care	
	Community	



What would your life look like if you had the health you want? What kind of activities would you be doing? What area might you focus on?

My overall goals:

My self-care priorities:

Major medical concerns and screenings:

Medications and supplements:

Professional care (conventional and complementary):

My support team (family, friends, health team members):

My education and skill building: