



ACTION STEPS FOR BETTER PHYSICAL HEALTH

PART IV



Worksheet 3

Review the two previous questionnaires, noting the items you marked as “Needs Attention.” These represent areas where greater awareness and small, steady changes can strengthen your physical wellbeing.

LIST THOSE AREAS HERE

Choose five or more areas that feel most important for your health right now and describe practical, realizable steps you can take immediately for improvement.

1) Needs attention: _____

● **Describe practical, realizable steps you can take now for improvement.**

2) Needs attention: _____

● *Describe practical, realizable steps you can take now for improvement.* _____

3) Needs attention: _____

● *Describe practical, realizable steps you can take now for improvement.* _____

4) Needs attention: _____

● *Describe practical, realizable steps you can take now for improvement.* _____

5) Needs attention: _____

● *Describe practical, realizable steps you can take now for improvement.* _____