

Holiday Handouts

Halloween commitment.

Dear _____,

Sincerely, _____

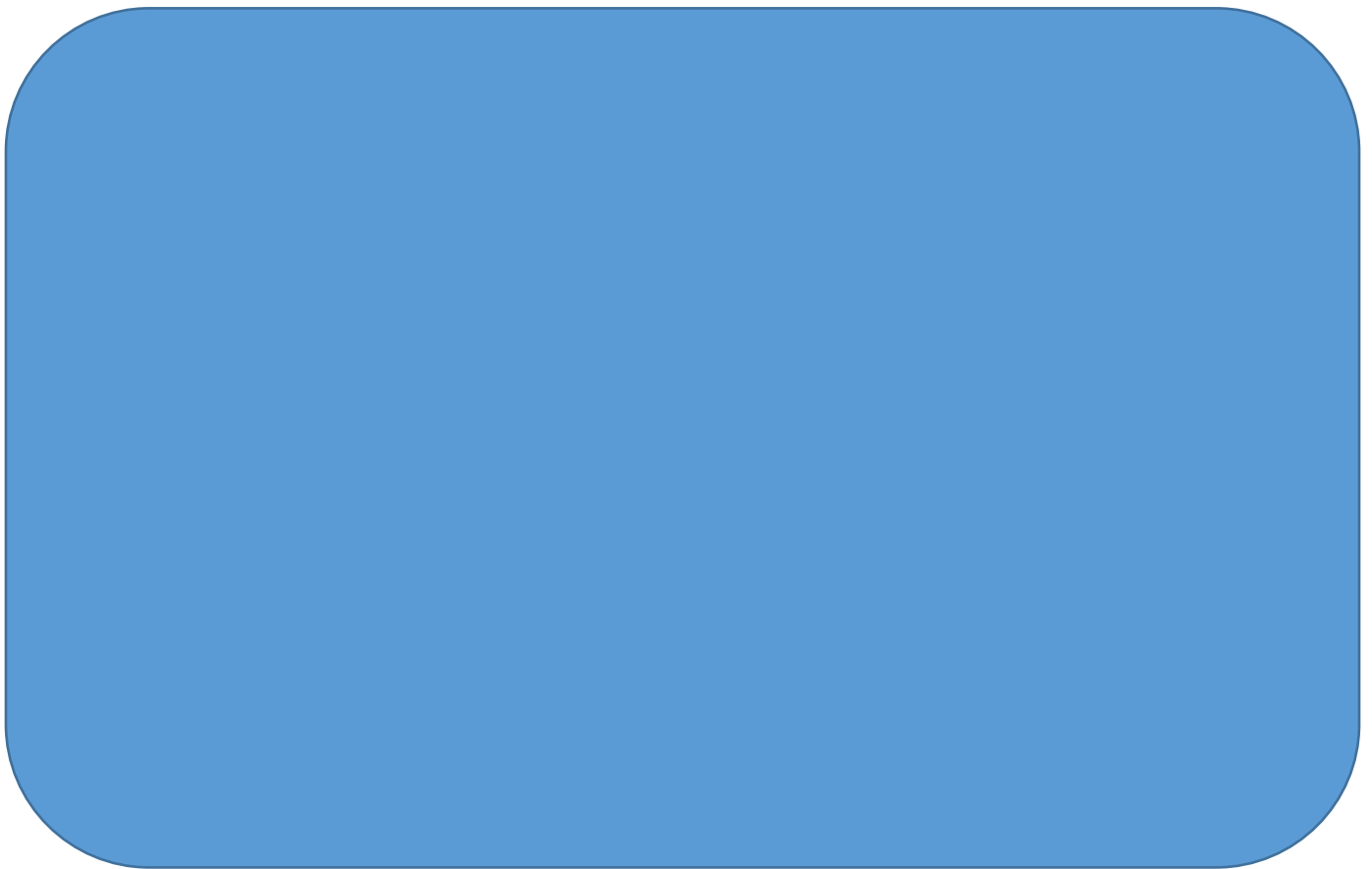
What holiday ritual, commitment (s) parties, needs to be added, eliminated or altered to fit into your healthy lifestyle and assist you in achieving your goals?

Holiday Family / work Fitness Competition ideas:

Fun Local active holiday activities I could do include:

Write down what you would like to wear at holiday gatherings

Pictures go here of what you would like to wear 😊



Start thinking about what you want in 2019. Jot down preliminary thoughts here:
