



Personalized Health & Wellness Program

Goal Sheet

Please check any of the boxes that reflect why you're interested in APM's Personalized Health & Wellness Program. If you'd like, feel free to tell us more about what motivates you to take control of your health in the space provided below.

- Weight loss
- Improve muscular tone & overall strength
- Structured plan for exercise
- Address & rehab a lingering issue (low back spasms, aching knee, shoulder pain, etc.)
- Improve overall blood pressure, glucose, triglycerides and other health markers.
- Get fit for life & have more energy
