

HEALTHY. NEW. YOU.™

Take Charge of Your Life. Take Charge of Your Health.

- Calculate Your M-PYR™
1. Your oldest grandparent ever _____
 2. Your current age _____
 3. Your M-PYR™ 1 - 2 = _____

Choose your motivation. Crisis or Quality of Life?

The Three Life-Changing Principles

1. Change is easy. Thinking about change is hard.
2. Change happens one choice at a time. Think progress, not perfection.
3. Approach change with your ideal 100 Year Lifestyle in mind.

List the immediate goals and changes that you know deep down in your heart you want to make:

1. _____
2. _____
3. _____
4. _____
5. _____

What are the long-term and lasting goals and changes you want to make?

1. _____
2. _____
3. _____
4. _____
5. _____



Live Yours!™

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Bringing You to Gold Medal Health

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