



## Completion of Your Program

Congratulations on completing your personalized health and wellness program!

This has been a demanding six months and I encourage you to look back, acknowledge and celebrate ALL that you have accomplished. Small steps add up to big changes over time. Let's take a few minutes and review your progress.

Write down as many things as you can remember of what you've accomplished. Changes might include cooking more, eating more fruits and vegetables, more energy, more clarity and vitality, reduction in health concerns, weight loss, change in tastes, cravings under control, fewer symptoms related to health concerns, etc. Other changes may be in the area of primary foods, like your spiritual practice, career, physical activity or relationships.

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**Congratulations!**

Mary Battista - Prairie Health Companion  
mbattista@prairiehealthcompanion.com | 612-810-2247 | www.prairiehealthcompanion.com