

BREATHING SPACE® GOALS

One Year and Five Years from Today

- 1) Weight _____
- 2) Waistline _____
- 3) Blood pressure _____
- 4) Resting pulse per minute _____
- 5) Hours of sleep nightly _____
- 6) Number of relaxing weekends _____
- 7) Healthy foods regularly consumed _____
- 8) Vitamins taken regularly _____
- 9) Great novels read _____
- 10) Classic or inspiring movies viewed _____
- 11) Worthy cause(s) aided _____
- 12) Family activities and involvement _____