

S.M.A.R.T.steps To Better Health



STEP 10:

PERSONAL DEVELOPMENT

WEEK 10

GPA= TOTAL/5 = _____	"D": 1 X <input type="checkbox"/> 'S= _____	"C": 2 X <input type="checkbox"/> 'S= _____	"B": 3 X <input type="checkbox"/> 'S= _____	"A": 4 X <input type="checkbox"/> 'S= _____
WEIGHT	<input type="checkbox"/> BMI > 40	<input type="checkbox"/> BMI > 30	<input type="checkbox"/> BMI 26-30	<input type="checkbox"/> BMI ≤ 25
SMOKING	<input type="checkbox"/> Over one pack per day/ or use of illegal substances	<input type="checkbox"/> One pack per day and not trying to quit	<input type="checkbox"/> Less than one pack per day and trying to quit	<input type="checkbox"/> Non-smoker
ALCOHOL	<input type="checkbox"/> Use with negative consequence / Inappropriate medication use	<input type="checkbox"/> More than five drinks in a setting or greater than 7 drinks per week	<input type="checkbox"/> Less than 7 alcohol containing drinks per week	<input type="checkbox"/> Less than 5 alcohol containing drinks per week
NON MARITAL SEXUAL ACTIVITY	<input type="checkbox"/> Unprotected	<input type="checkbox"/> Condom 90% of the time	<input type="checkbox"/> Condom 100% of the time	<input type="checkbox"/> Abstinence
PRIMARY CARE	<input type="checkbox"/> No doctor	<input type="checkbox"/> "Check Up" in past 5 years	<input type="checkbox"/> "Check Up" in past two years	<input type="checkbox"/> Knowledge of blood pressure, blood sugar, and cholesterol

"I am grateful for taking steps to better myself"

Building a Better You

"No single drop recognizes its contribution to the flood". Poor diet and the lack of an active lifestyle kills in excess of 400,000 people each year. Those who are

obese cost society an extra \$650 per year. Smoking claims more than 400,000 lives per year, and

each smoker costs society more than \$700 per year. Each sexually transmitted disease cost society approximately \$700, and each unwanted pregnancy cost society approximately \$6,000. These later two conditions could be lessened by more responsible sexual behavior, such as abstinence or consistent use of condoms. If



you are affected by these states, you know the sting. But as you take steps better yourself, the benefits will be felt not only by you, but your family and community as well.

1) Determine your grade point average (GPA):

Starting from left and moving to the right, select the box that best describes your current state. With regard to sexual activity, a life partner in an adult same sex relationship is considered a spouse. In the category of primary care a check-up is a "preventive" or wellness exam by a health provider, not a visit for a specific medical complaint. Exams should emphasize age appropriate immunizations, consideration of aspirin use for those at increase risk of heart disease or stroke, screening for chronic disease (e.g. high blood pressure, diabetes, and cancer), as well as education on health promotion behaviors. To determine your GPA add weighted column totals and divide by 5.

2) Select an area to improve:

After determining your score, take 20 minutes to list out as many things that you can think of to do to better yourself. What skill or behavior that if you were better or more consistent

- ☒ determine grade point average
- ☒ select area(s) to improve
- ☒ add relevant images to vision board

would make your life better? After developing this list (should be written in your journal), star the items that would help you the most. Star no more than three.

3) Add these images to your vision board: Find images that represent the skill you need to develop or the behavior that you need on a more consistent basis. Add these to your image board and visualize the better you every evening and every morning.

One skill to consider developing is effective time management. An important concept here is the Pareto Principle or the 20/80 rule. If you have 10 things to do in a day, 2 of them will be more important, than the other 8 combined. Most work on one of the 8 to try and get them out of the way, but never get to the 2. Those who are most effective, consistently complete the 2 most important items before tackling the 8. Before going to bed consistently make a list of items to be completed on the following day, rank them, see yourself complete the important items, and give thanks. Then go to sleep with a smile

