FOCUS MOUNTAIN

Independence.

Quality of Life Autonomy

Freedom

Accomplishment

Stability Peace

Security

Wisdom

Contribution

Connection

Fulfillment

Integrity

Respect

Loyalty Legacy

Fairness

Role model to children

Care-free & fun

retirment

Junk Food **Alcohol**

Playing with Grand. Children and being

LOVING YOUR CHILDREN

Meditation/Stress Management

Exercise at least 150 min of moderate intensity activity per week

Stress with spouse

Blood Sugars

WHAT/HOW

Resistance Praining Weight Loss

or maintenance Countes Counseling

Speeding

Dessert Marijura

Something

Shirty

& Riching

9-12 Vegtable & Fruit **Servings Daily**



Copyright @ 2018 Casey Jackson/IFIOC All Rights Reserved