



**PALLEN'S**  
MARTIAL ARTS™

**JANUARY 2022**

**POWERFUL**

**PROJECT**

**HEALTH**

Teens/Adults

FIRST & LAST NAME: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_

TIP GOAL: \_\_\_\_\_

Health is wellbeing in body, mind and spirit. One to three small changes in your eating, water intake, stress management, hygiene, exercise regimen or other health areas can make a powerful difference. Think about one to three small changes you can make this month and hopefully, this year and onward. You may be making a change that will provide a lifetime of benefits.

Which 1-3 areas of health do you want to focus on for this small change? (check those that apply)

- |                                     |                                       |  |
|-------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Exercise   | <input type="checkbox"/> Nutrition    | <input type="checkbox"/> Stress-reduction                        |
| <input type="checkbox"/> Stretching | <input type="checkbox"/> Water-intake | <input type="checkbox"/> Reduction/quitting unhealthy activities |
| <input type="checkbox"/> Hygiene    | <input type="checkbox"/> Sleep        | <input type="checkbox"/> Other: _____                            |

What 1-3 positive and healthy changes will you make this month in order to be healthier for life?

Example 1: Nutrition. "I will commit to eating a salad each day."

Example 2: Exercise. "I will commit to exercising 3 times per week."

Example 3: Unhealthy habits: "I will commit to quitting smoking."

**Area #1:** \_\_\_\_\_ I will commit to: \_\_\_\_\_

Barriers that can get in the way: \_\_\_\_\_

Plan to deal with barriers: \_\_\_\_\_

**Area #2:** \_\_\_\_\_ I will commit to: \_\_\_\_\_

Barriers that can get in the way: \_\_\_\_\_

Plan to deal with barriers: \_\_\_\_\_

**Area #3:** \_\_\_\_\_ I will commit to: \_\_\_\_\_

Barriers that can get in the way: \_\_\_\_\_

Plan to deal with barriers: \_\_\_\_\_