



## MY GOAL

# TAKE CARE OF ME

Schedule check-ups, take meds and vitamins. Focus on HEALTH.

## NOTES:

**RESOURCES:** Suggested supplements for women. Schedule of health screenings for women by age.

**SUGGESTED GOAL PAIRINGS:** Eat Healthy - Begin Fitness

**PROGRESS:** For every day you take your medication as prescribed along with your vitamins, color in the box.

SCHEDULE  
CHECK-UP

GO TO  
DOCTOR

ANNUAL  
EXAM

A calendar grid with a blue header and a grey border. The header contains the text "MEDICATION & VITAMINS" in white, bold, sans-serif font. The grid consists of 5 rows and 7 columns of empty boxes. Two black binder rings are visible at the top of the calendar.