



**Drawing, January 27**  
**Enter for Chance to Win!**  
**1-Hour Nutritional**  
**Consultation**

with Peter Brodhead, Certified Nutritionist  
and Co-Owner of Brighter Day

# **What Are *Your* Top 3 Health Goals for 2017?**

Mark all the goals that apply to you and add others. Then choose the 3 that are most important.

- |   |  |
|---|--|
| <input type="checkbox"/> Lose Weight                        | <input type="checkbox"/> Eat more local/organic                |
| <input type="checkbox"/> Increase Energy<br>& Stamina       | <input type="checkbox"/> Cut out sodas                         |
| <input type="checkbox"/> Increase Exercise                  | <input type="checkbox"/> Decrease sugar                        |
| <input type="checkbox"/> Improve sleep                      | <input type="checkbox"/> Drink more water                      |
| <input type="checkbox"/> Have more fun!                     | <input type="checkbox"/> Decrease stress                       |
| <input type="checkbox"/> Eat healthier foods                | <input type="checkbox"/> Decrease coffee<br>& alcohol          |
| <input type="checkbox"/> Cultivate healthy<br>relationships | <input type="checkbox"/> Cultivate an attitude<br>of gratitude |
| <input type="checkbox"/> Change jobs                        | <input type="checkbox"/> Change your<br>home environment       |
| <input type="checkbox"/> Stop smoking                       |  |

**Dream It! Do It!**