Client Wellness Goal(s):

Bea Well will lose 5 pounds within 6 months.
Bea Well will maintain her excellent progress in reducing/stopping her tobacco use.

Client Mental Health Goal(s):

Bea Well will sleep at least 7 hours each night to decrease symptoms of depression.

Action Step(s):

Bea Well will walk for 20 minutes five days per week.
Bea Well will eat at least 3 servings of vegetables every day.
Bea Well will go to bed by 10 pm at least 5 nights per week.

Client Signature:  Bea Well  Staff Signature:  John Smith  Date:  9/15/2012