health matters

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Program Guidelines - Scrubadub

- When washing your hands, scrub with soap lather for at least 20 seconds
- Encourage co-workers, family, and friends to increase their level of hand cleanliness.

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.