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.

Brighten Your Smile - October 2008
Program Guidelines

- Brush correctly twice each day ***and***
- Floss properly once each day

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