



Primary Food

Wellness is multifaceted. Take the "whole person" approach when refining your goals & breaking them down into actionable, daily tasks. You can also add your action steps to your Habit Tracker to begin establishing more mindful routines!

GOALS	ACTION STEPS
	<div>1.</div> <div>2.</div> <div>3.</div>
	<div>1.</div> <div>2.</div> <div>3.</div>
	<div>1.</div> <div>2.</div> <div>3.</div>
	<div>1.</div> <div>2.</div> <div>3.</div>
	<div>1.</div> <div>2.</div> <div>3.</div>