

Baby Wellness Planner

MOOD:



TODAY'S FOCUS

DATE:

S M T W T F S

REMINDER TO:

TODAY'S APPOINTMENT:

TIME EVENT

EXERCISE:

20 MINUTES

30 MINUTES

WATER INTAKE:

00000000

MEAL TRACKER:

BREAKFAST	LUNCH
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DINNERTIME	SNACKS
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GRATITUDE:

NOTES:

FOR TOMORROW:

SELF-CARE CHECKLIST:

-
-
-



Wellness Planner Quick Start

**Colorado Physical Activity and
Nutrition Program. Worksite Task
Force**

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Prime Time Marilyn Hughes Gaston, Gayle K. Porter, 2003 Today seven million African American women are living in their prime experiencing the joys and challenges of middle age. Now at last here is the book that addresses our total health needs physical emotional and spiritual. Written by a distinguished physician and a clinical psychologist Prime Time is the first complete guide that empowers us to take charge of our lives and attain the well being we deserve. In many ways it's true that we are better off today than our foremothers were. We earn more money command more respect. Yet in spite of these advances we still experience more chronic health problems endure more stress and live shorter lives than women of other races. That's why Prime Time is both urgent and essential. This groundbreaking book not only lays out a detailed practical plan for overall healing and for maintaining wellness it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health. Prime Time will help you Reframe priorities to put yourself and your own health needs first. Interpret the latest medical findings on the Big Four killers and how they affect black women in middle age. Profile your current health with worksheets quizzes and assessment tools. Renew sex at midlife by eliminating restricting myths and taboos and finding new paths to pleasure. Reduce anger and attitude that block you from attaining good health. Identify the nontraditional signs of depression and anxiety common to African American women. Comprehensive straight talking and grounded in science and spiritual truth Prime Time is at once a guide to total health in middle age and a celebration of the strength wisdom and beauty of African American women in their second half of life. A Fit and Well Way of Life Gwen Robbins, Debbie Powers, Sharon Burgess, 2008

Consumer Health & Nutrition Index , 1986 **Keys to**

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