

# 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

**Liying Dong**

## Wellness Planner Quick Start:

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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    Worksite Resource Kit Colorado Physical Activity and Nutrition Program. Worksite Task Force, 2003    Keys to Success Carol Carter, Joyce L. Bishop, Sarah Lyman Kravits, 2005 This book has set the standard for helping readers understand how to be successful in College, Career and Life. This revision builds on this strength while adding the new dimension of successful intelligence. Through building their ability to think analytically, creatively and practically, readers can understand their own power to choose and to act as they proceed through life and the world of work. Because this book shows readers how what helps them succeed in college will also serve them on the job and in life, it appeals to every age, traditional and older, and stage: full time, part time, working, parenting, or reader. All new stories have been introduced to address the current challenges today's student faces, e.g., values, goal setting, time management, basic stress management, test-taking strategies, balancing school with work, returning to school as an older student, dealing with financial needs, parenting, supporting various lifestyles and schedules, etc. Learning Styles coverage shows a clearer delineation of the two learning styles assessments and makes them more useful: how you learn, Gardner's Multiple Intelligences based assessment, and how you interact with others, Myers-Briggs based assessment. Provides specific strategies to play to strengths, compensate for weaknesses, and build study skills. <http://www.booksinprint.com>    *The Surgical Technologist*, 1999    *Student Obesity* Phillip M. Wishon, 1990    **America Online For Dummies Quick Reference** Jennifer Kaufeld, 2000-11-15 *America Online For Dummies Quick Reference* 5th

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