

Daily Wellness Planner

MOOD:



TODAY'S FOCUS

DATE:

S M T W T F S

REMINDER TO:

EXERCISE:

DATE

TIME

TODAY'S
APPOINTMENT:

TIME

EVENT

THINGS TO GET
DONE TODAY:

WATER INTAKE:



MEAL TRACKER:

BREAKFAST

LUNCH

DINNER

SNACKS

TO CALL OR EMAIL:

SELF-CARE
CHECKLIST:



GRATITUDE:

NOTES:

FOR TOMORROW:

Wellness Planner Quick Start

LM Reder



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eating them at the right time By controlling the levels of glycogen carbs stored in our muscles through this unique diet and learning to exercise in the carb burning zone the secret to making workouts shorter and more effective anyone can shed fat and build muscle and it takes only 90 minutes of exercise a week

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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 of 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*

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web during this monthlong project students learned how mrs parks sparked the montgomery bus boycott by not giving up her bus seat to a white passenger in 1955 and how as a result of that brave act in 1956 the supreme court ruled segregation on buses was illegal rosa parks died on october 25 2005 at age 92

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web shortly after the bus boycott rosa and her family moved from alabama to detroit to escape the harassment and threatening phone calls sylvester had found an apartment for rosa parks and their mother to live in rosa continued to travel and do speaking engagements

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web rosa louise mccauley was born on february 4th 1913 in tuskegee alabama as a child she went to an industrial school for girls and later enrolled at alabama state teachers college for negroes present day alabama state university unfortunately parks was forced to withdraw after her grandmother became ill

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web true or false blacks like rosa had to pass a test to get the right to vote true what was the name of 9 african boys who were falsely accused and arrested for hurting a white woman scottsboro boys what happened on december 1 1955 to rosa parks she was arrested for not giving up her seat for a white passenger

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