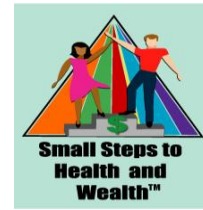


Small Steps to Health and Wealth ~ Find Someone Who...



Circulate around the room and find people who fit the description provided. Get their signature in the corresponding box. Try to get a different person for each description.

Has improved a health habit over the past year
Describe _____?

Follows a written spending plan (budget)

Has regular physicals and health screening exams

Pays credit cards in full each month,
thereby avoiding interest charges

Eats 2 cups of vegetables
most days of each week

Saves pocket change regularly in a can or a jar

Be physically active for at least 30 minutes most days
of the week.