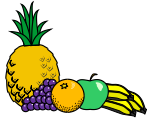


Small Steps to Health and Wealth Planning Worksheet



My *health* goal is (be specific):

My *wealth* goal is (be specific):

Below is a picture of my *health* goal:

Below is a picture of my *wealth* goal:

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Five small steps toward my *health* goal:

Five small steps toward my *wealth* goal:

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

Progress check-up dates for *health* goal:

Progress check-up dates for *wealth* goal:

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