

GOALS

Area: Physical

Year: 1995

Objective:	Plan:
to keep physically healthy through aerobic exercise.	to walk, ride bikes, skate every day for half hour with family. (Six days labor & 1 day of rest)
to keep physically healthy through correct eating habits.	to make a weekly menu, family eat certain amts. from the different food groups, no sugar (Six days labor & 1 day of rest)
to keep physically healthy through personal hygiene.	to daily bathe & wash hair, brush teeth 2x, floss, wash hands before meals, and brush hair.
same as above	to cut hair every 6 wks. to cut & clean finger & toe nails every 4wks.
to keep physically healthy through preventive health measures.	to daily take vitamins & minerals as prescribed for each person in the family.
to keep physically healthy through prayer.	to anoint with oil & pray over the sick in our home.
to keep physically healthy through rest.	to get at least 8 hrs. of sleep daily. Take nap, if lacking that amount. Infant & toddler-- 10 hrs.