R_X to LiVe Well: Sleep, Stress, or Substances

MY GOALS

Sleephours per nightnights per week (aim for 7 to 9 hours every night) Manage stress by:		
Find a friend or family member to support my commitment: Who: Reduce alcohol intake to less than	Manage stress by:	
Find a friend or family member to support my commitment: Who:		
Reduce alcohol intake to less than drinks per week Quit tobacco: Method: Quit date: Reward myself for small changes and successes: How: Other: RESOURCES AND FOLLOW-UP Recommended online resources: www.intermountainlivewell.org		
Quit tobacco: Method:Quit date: Reward myself for small changes and successes: How: Other: RESOURCES AND FOLLOW-UP Recommended online resources: www.intermountainlivewell.org www.choosehealth.utah.gov www.tobaccofreeutah.org	Who:	
Method:	Reduce alcohol intake to less than	drinks per week
Reward myself for small changes and successes: How: Other: RESOURCES AND FOLLOW-UP Recommended online resources: www.intermountainlivewell.org www.choosehealth.utah.gov www.tobaccofreeutah.org	Quit tobacco:	
How: Other:	Method:	Quit date:
RESOURCES AND FOLLOW-UP Recommended online resources: • www.intermountainlivewell.org • www.choosehealth.utah.gov • www.tobaccofreeutah.org	Reward myself for small changes and successes:	
RESOURCES AND FOLLOW-UP Recommended online resources: • www.intermountainlivewell.org • www.choosehealth.utah.gov • www.intermountainhealthcare.org/wellness • www.tobaccofreeutah.org	How:	
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