A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Back To Basics - Program Guidelines

- Sit correctly and lift objects properly
- Perform a comfortable back stretching or strengthening exercise

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and safety matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.