| MY FAVOURITE THINGS | SPRING<br>RESULTS<br>AUTUMN  |      |     |        |        |                   |                   |                     |                    |
|---------------------|------------------------------|------|-----|--------|--------|-------------------|-------------------|---------------------|--------------------|
| Movies:             | VINTER<br>RESULTS<br>SSUMMER |      |     |        |        |                   |                   |                     |                    |
| Books:              | -                            |      |     |        |        |                   |                   |                     |                    |
| Songs:              | -                            |      |     |        |        |                   |                   |                     |                    |
| Food:               | -                            |      |     |        |        |                   |                   |                     |                    |
| Drinks:             |                              |      |     |        |        |                   |                   |                     |                    |
| Restaurants:        | Name: Doctor's Name:         |      |     |        |        |                   |                   |                     |                    |
| Television shows:   |                              |      |     |        |        |                   |                   |                     |                    |
| Things to wear:     |                              |      |     |        |        |                   |                   |                     |                    |
| Colours:            | REC                          |      |     |        |        |                   |                   |                     |                    |
| Record albums:      | HEALTH                       | YEAR | AGE | НЕІGHT | WEIGHT | BLOOD<br>PRESSURE | GLUCOSE<br>LEVELS | GOOD<br>CHOLESTEROL | BAD<br>CHOLESTEROL |
|                     | HEZ                          | ΥE   | <   | HEI    | WE     | BLC               | CEV<br>GLU        | CHOLE<br>GC         | B,<br>CHOLE        |

# **IMPORTANT DATES**

### ODDS AND ENDS

Add extra notes, photos, ticket stubs and more!

| My anniversary:                  |
|----------------------------------|
| My significant other's birthday: |
| My children's birthdays:         |
| My parents' birthdays:           |
| Other family birthdays:          |
|                                  |
| My friends' birthdays:           |
|                                  |
| Career milestones:               |
|                                  |
|                                  |

#### ODDS AND ENDS

Add extra notes, photos, ticket stubs and more!

| GOALS | TRACKER |
|-------|---------|
|-------|---------|

| DATE<br>ACCOMPLISHED |
|----------------------|
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |
|                      |

**~~**~

| My age is:                       | My personal goal is:    |
|----------------------------------|-------------------------|
| My job is:                       |                         |
| My dream job is:                 |                         |
| My best friend is:               |                         |
| My true love is:                 | One person I admire is: |
| l live in:                       |                         |
| I live with:                     | My one wish is:         |
| One word that describes me is:   |                         |
| My favourite hobby is:           | My favourite memory is: |
| One thing I'd like to change is: |                         |

**~~**~

| My age is:                       | My personal goal is:    |
|----------------------------------|-------------------------|
| My job is:                       |                         |
| My dream job is:                 | My career goal is:      |
| My best friend is:               |                         |
| My true love is:                 | One person I admire is: |
| l live in:                       | _                       |
| I live with:                     | My one wish is:         |
| One word that describes me is:   |                         |
| My favourite hobby is:           | My favourite memory is: |
| One thing I'd like to change is: |                         |

# YEAR: \_\_\_\_\_

| My age is:                       | My age is:                       |
|----------------------------------|----------------------------------|
| My job is:                       | My job is:                       |
| My dream job is:                 | My dream job is:                 |
| My best friend is:               | My best friend is:               |
| My true love is:                 | My true love is:                 |
| l live in:                       | l live in:                       |
| l live with:                     | l live with:                     |
| One word that describes me is:   | One word that describes me is:   |
| My favourite hobby is:           | My favourite hobby is:           |
| One thing I'd like to change is: | One thing I'd like to change is: |

| My personal goal is: My personal goal is:       |  |
|---|--|
|   |  |
|   |  |
|   |  |
| My career goal is: My career goal is:           |  |
| · · · · · · · · · · · · · · · · · · ·           |  |
|   |  |
|   |  |
|   |  |
| One person I admire is: One person I admire is: |  |
|   |  |
|   |  |
|   |  |
| My one wish is: My one wish is:                 |  |
|   |  |
|   |  |
|   |  |
| My favourite memory is: My favourite memory is: |  |
|   |  |
|   |  |

**~~**~

| My age is:                       | My personal goal is:    |
|----------------------------------|-------------------------|
| My job is:                       |                         |
| My dream job is:                 | My career goal is:      |
| My best friend is:               |                         |
| My true love is:                 | One person I admire is: |
| l live in:                       |                         |
| I live with:                     | My one wish is:         |
| One word that describes me is:   |                         |
| My favourite hobby is:           | My favourite memory is: |
| One thing I'd like to change is: |                         |