

① **Identify who you are striving to be healthy for.**

Consider making the following personal pledge to reflect your commitment. I, _____, want to live a long and healthy life so I can fully enjoy my relationships with the people that are most important to me.

② **List the top 5 people you most frequently interact with in your personal and professional life.**

③ **For each individual, answer the questions in columns A and B.**

②	③				
Person	A			B	
	This person's general effect on me is usually...			They have healthy habits and are or can be a good influence on my health.	
	uplifting <input type="checkbox"/>	neutral <input type="checkbox"/>	negative <input type="checkbox"/>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

④ **Describe one thing you can do to minimize the negative impact of unhealthy "others" in your life.**

⑤ **Choose one thing you can do to maximize the impact of someone who is a positive influence on your habits and health. (If you don't currently have a positive influence, list one thing you can do to create one, such as connect with a personal trainer, a nutritionist, etc.)**
