

Personal Wellness Plan

Patient Information

Name: Bernie Dickenson

Age: 45

Gender: Male

Contact Number: 555-0123

Email Address: bernie.d@example.com

Health Assessment

Weight: 200 lbs

Height: 5'10"

BMI: 28.7

Blood Pressure: 130/85 mmHg

Other Health Data: Pre-diabetic condition

Wellness Goals

Short-Term Goal: Lose 10 lbs in 3 months

Long-Term Goal: Maintain healthy BMI and manage blood sugar levels

Physical Health Plan

Exercise Routine: 30 mins brisk walking, 5 days/week

Dietary Changes: Increase vegetables and lean proteins, reduce sugar and processed

Sleep Schedule: 7-8 hours per night, regular sleep time

Mental Health Plan

Stress Management: Yoga twice a week, daily meditation

Mindfulness Activities: Journaling, mindful breathing exercises

Therapy Sessions: Bi-weekly with a therapist

Personal Wellness Plan Essay

Laurie Materna

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web this book teaches the techniques licks chords scales and strums you need to play rockabilly guitar it shows you how to play rhythm lead for all kinds of rockabilly grooves in the style of masters such as carl perkins brian setzer cliff gallup buddy holly scotty moore and others