

# Letter to Myself: Sample

I have learned that I can do many things to improve my health and lower my risk of developing heart disease. I can help my family members make healthy choices, too. During the next 3 months, I will try to do these things to care for my heart:

1. At work, I will use the stairs instead of taking the elevator.

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2. I will eat 2 cups of fruit (an orange and an apple) every day.

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3. When eating out, I will choose foods that are baked, broiled, or grilled.

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4. I will switch to reduced-fat (2%) milk for 1 month, then to low-fat (1%) milk for 1 month, and finally to fat-free milk.

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5. I will have my blood pressure checked at the local clinic.

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Signed

*Robert Hall*

Date

8/15/2007