



# Stop - Start - Continue

Taking the time to consolidate your learning is important for future you. Knowing what you were doing when things were going well can help you course-correct if you need to in future.

## Celebrate your wins!

What health habits are you most proud of achieving in the last 6 months?

---

---

---

---

---

## What got in the way?

What were any barriers or obstacles that got in the way of your healing?

---

---

---

---

---

## Stop - Start - Continue Exercise

If your health is de-railed in anyway in the future, what things could you **stop** doing, **start** doing or **continue** doing that you know are good for your body and healing? What were you doing when you were feeling at your best that you could start doing more of again?

**STOP**

**START**

**CONTINUE**

STOP	START	CONTINUE
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>