

Health & Wellness Daily Organizer

 Printable Activity

Audience(s): Staff & Adults

Hyperlink: [First Nations Health Authority](#)

Description

First Nations Health Authority has created this Health & Wellness Daily Organizer to help you to make wellness a part of your daily activities. The Organizer supports you to create SMART goals around four wellness streams: Be Active, Eat Healthy, Nurture Spirit, and Respect Tobacco.

Objective(s)

The Health and Wellness Organizer approaches health in a holistic way following First Nations Perspective on health and wellness. This organizer is intended to support community members to achieve and maintain a healthy lifestyle.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcreources@gmail.com

Resources mentioned in this document were created by First Nations Health Authority.