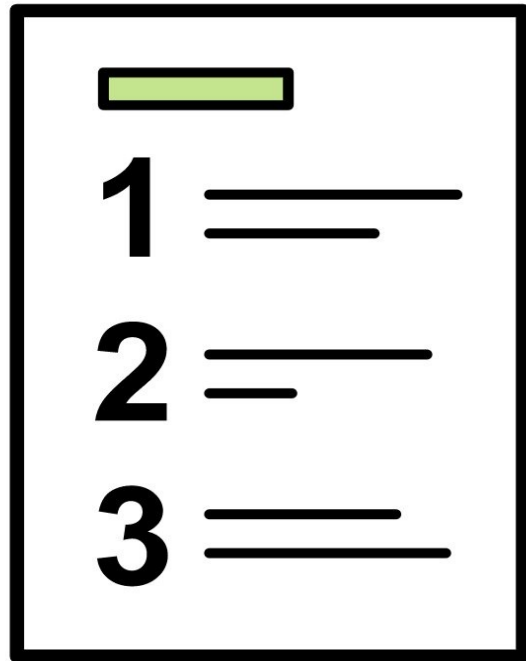




How to plan for better health

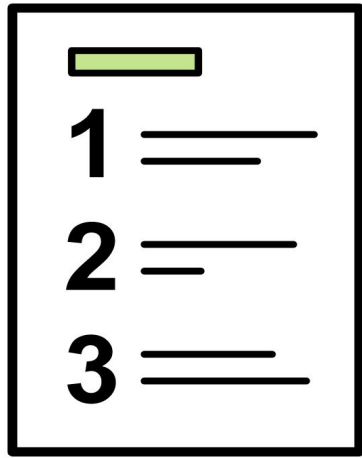


plan

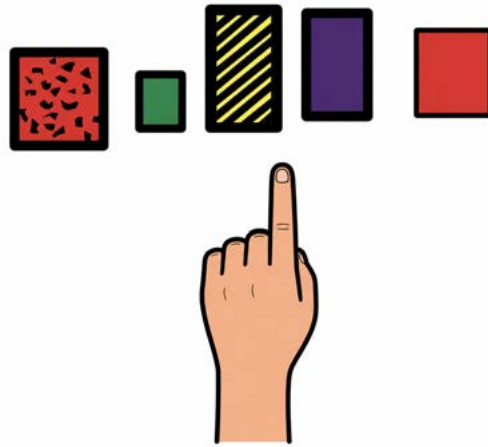


better health

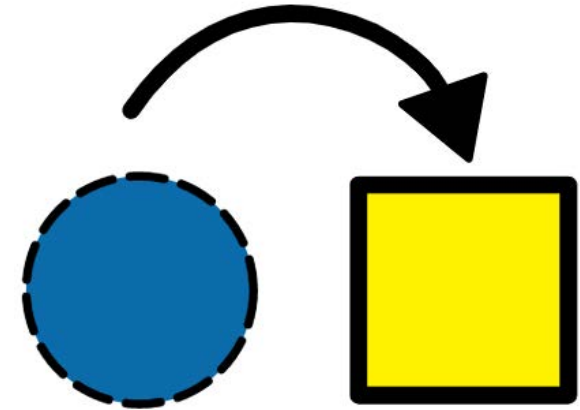
People can plan to have better health.



plan

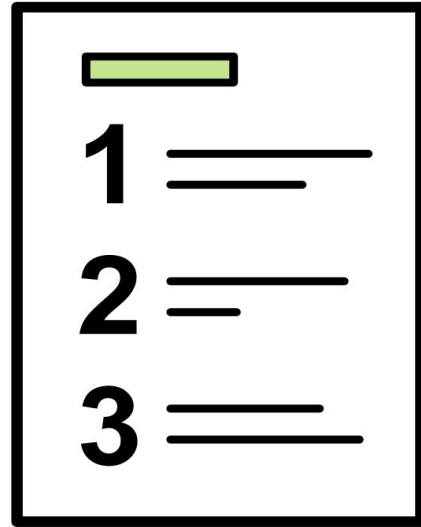


choose



change

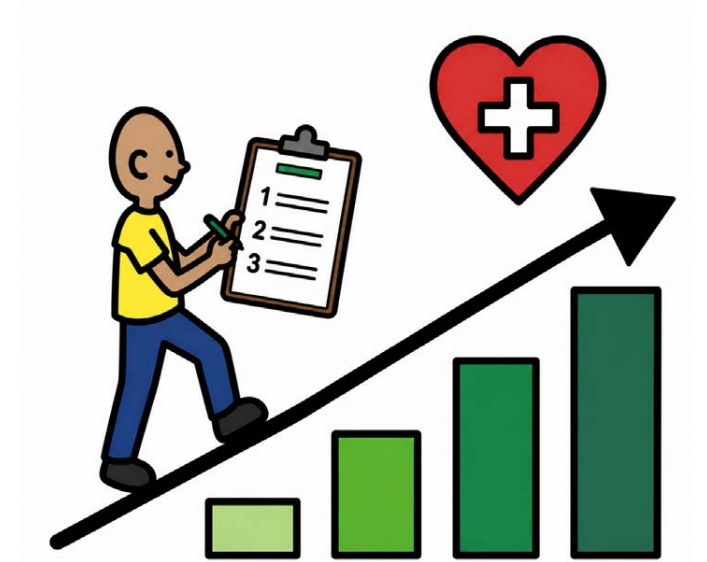
A plan is when people choose to change something they do.



plan

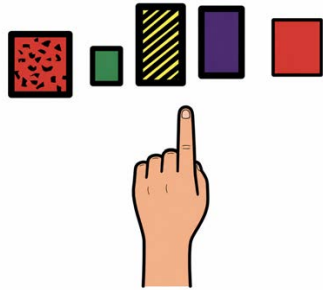


better health



health plan

A plan to have better health is called a health plan.



choose



who



family



friends

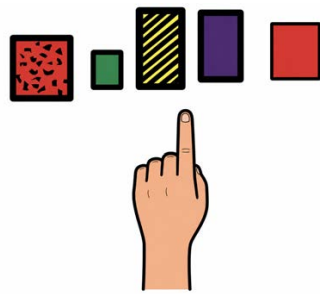


therapists



someone else

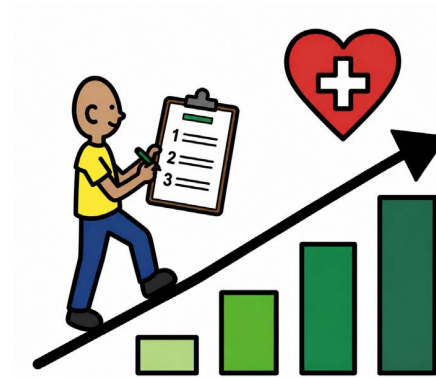
People can choose who helps them to make their health plan.



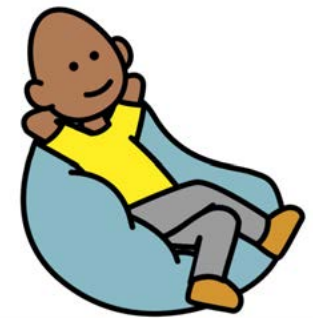
choose



where

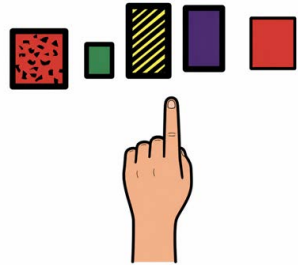


health plan



comfortable

People can choose where to make their health plan, like a comfortable place.



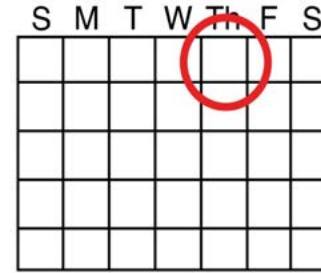
choose



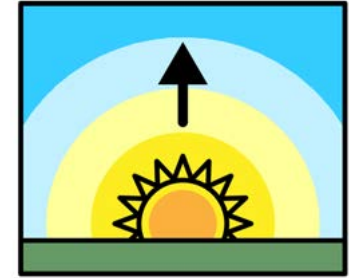
when



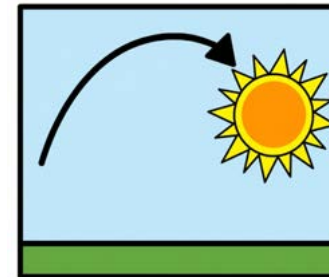
health plan



day



morning

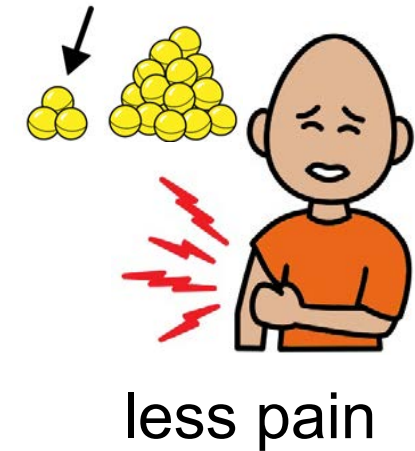
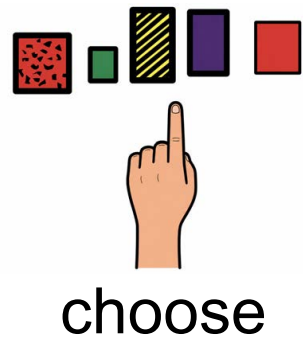


afternoon



evening

People can choose when they make their health plan.



People can choose why they want to make a health plan.



choose



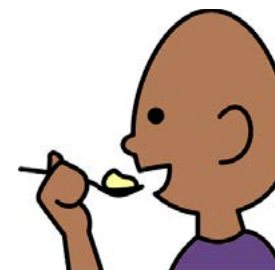
what



move



sleep



eat



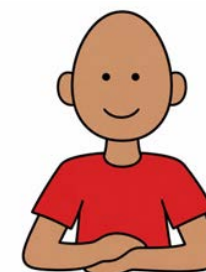
drink



friends



activities

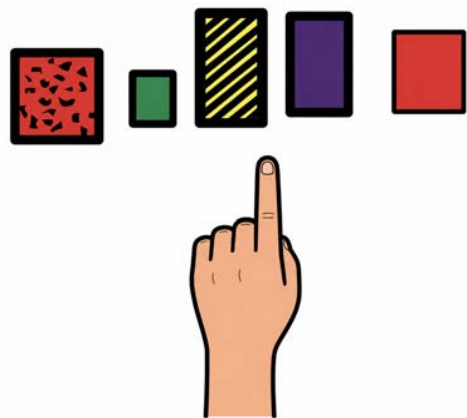


calm

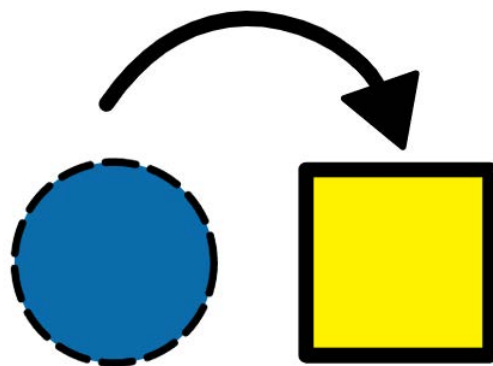


happy

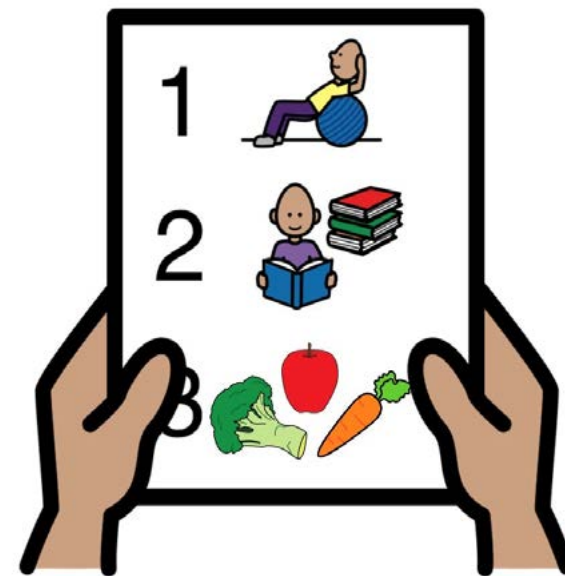
People can choose what they want to change.



choose



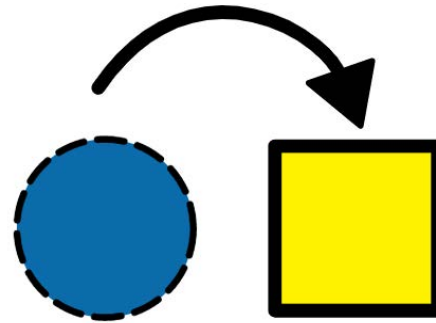
change



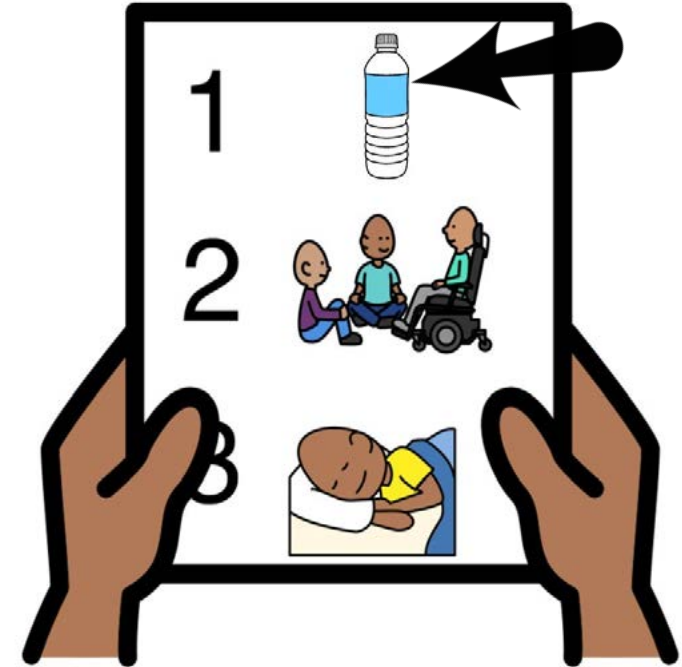
People can choose all the things they want to change.



easier



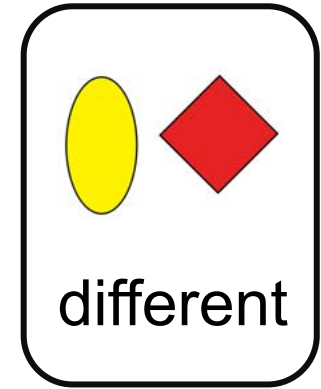
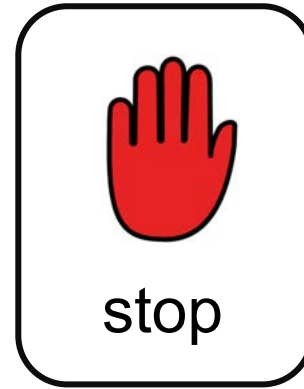
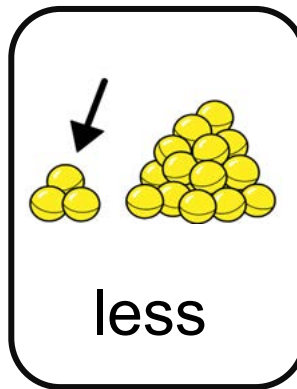
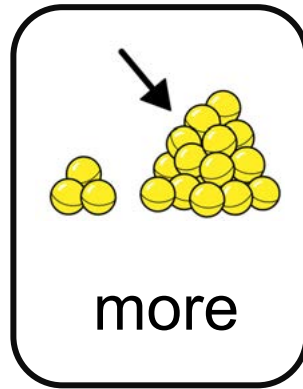
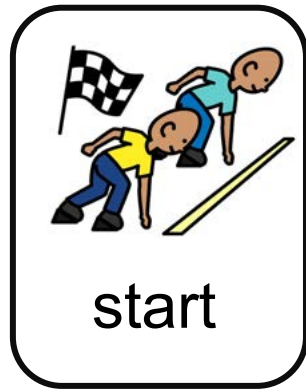
change



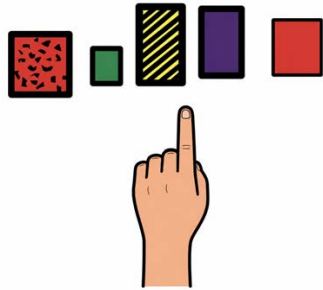
When people start their health plan, it can be easier to change 1 thing at a time.



how



People can choose how they will make changes.



choose



who



family



friends

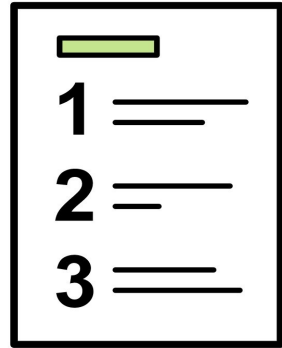


support workers

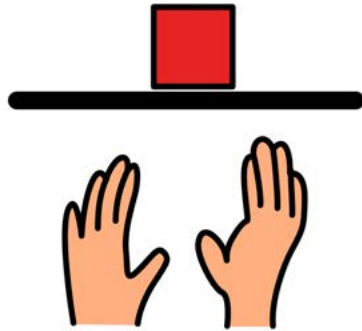


someone else

People can choose who will help them to make changes.



plan



need



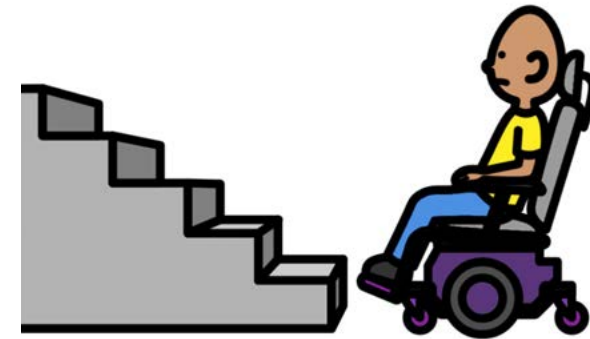
money



time

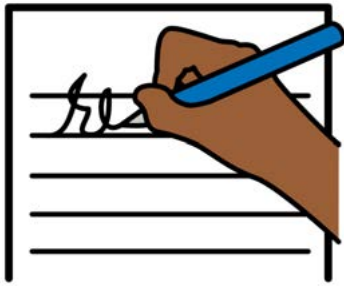


equipment



access

People can plan what they need to make changes.



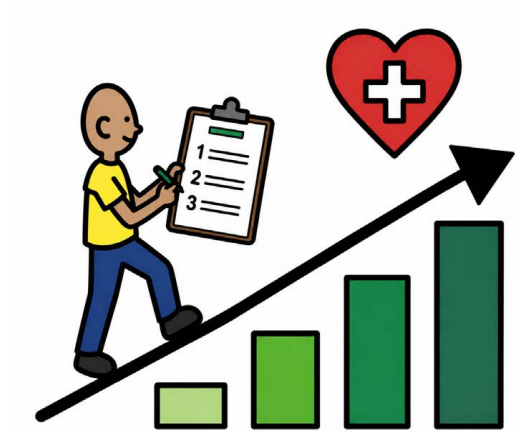
write



pictures



record



health plan

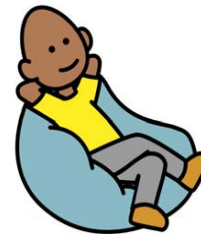
People can write, use pictures or record their health plan.



choose



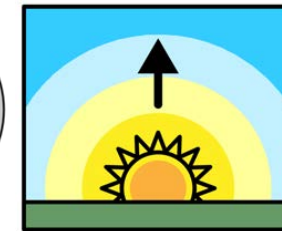
who friends



where comfortable



when



morning



why feel good



what move

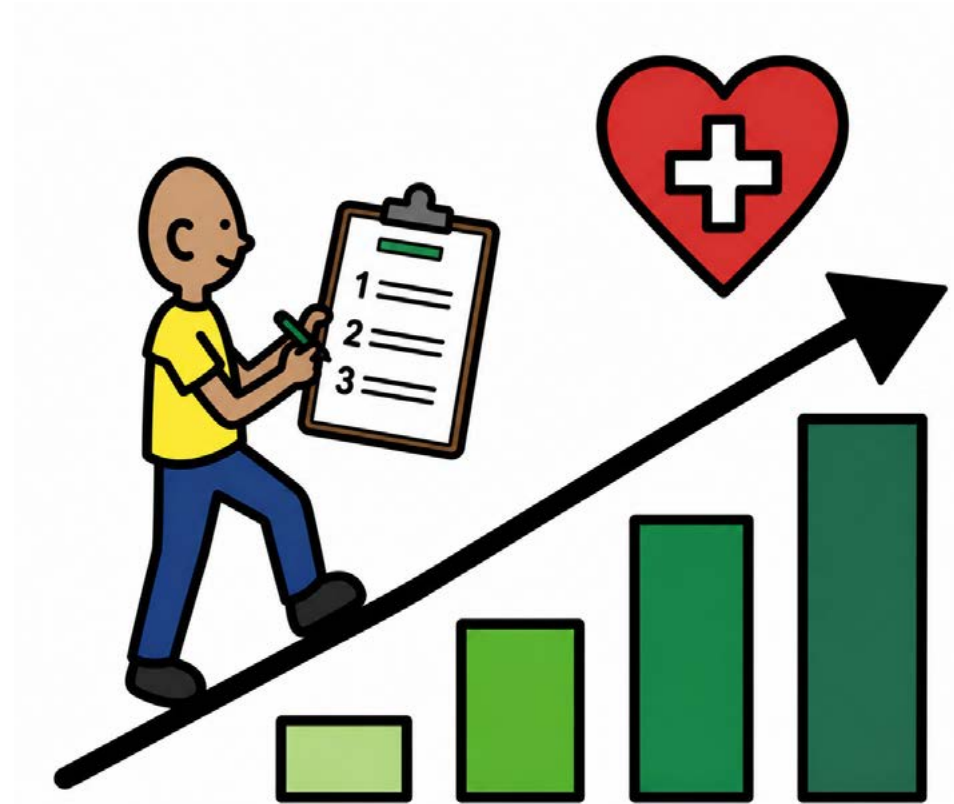


how



start

People can choose how they do their health plan.



health plan

I wonder how you want to make your health plan?



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