



# MY GOALS FOR LOVING PĒPE FOR LIFE

Small changes make a big difference. What you eat and drink now, and how active you are, can change baby's whole future

## WHAT I WANT TO HAPPEN

## HOW I WILL MAKE THIS HAPPEN



Eating Healthy

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Keeping Active

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Other Healthy Lifestyle Goals

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**MORE INFORMATION:** Important information, contacts in the community, etc

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*Loving Pēpe for Life*  
WELLNESS PLAN

