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What are your health objectives?

Are you healthier today than you were 5 years ago?

If so, what did you do to improve your health?

If not, why do you think your health declined?

Will you be healthier 5 years from now than you are today?

If so, what are you planning to do to improve your health and if not, what could you do to improve your health rather than have it continue to decline?

What would you like your health to be 5 years from now?
