



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

