

What's Your 12 IN 12?



Are you ready to commit to a happier, healthier you? Take the challenge and write down 12 wellness goals — big or small — for 2012. Whether you opt to volunteer, save trees by printing only what's necessary, eat more fruits and vegetables, take the stairs, meditate regularly or vow to pay off your debts, you'll be one step closer to improving your health, your community and your financial future.

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|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

Pledge your commitment at surveymonkey.com/s/12in12 to be entered in several 12-in-12 drawings that will take place throughout the year.