

TABLE

SAMPLE GOALS

Diet and nutrition	• I will create healthy eating habits by maintaining a daily food, sleep, and stress log. I will record number of hours slept, number of times I am waking up in the middle of the night, and time and what I ate. I will record the activity during the day causing stress and triggering eating habits.
	• I will lose 5 lbs per month for the next 3 months by eating vegetables 3 days per week and walking 20 minutes 2 days per week. Additionally, I will take lunch to work three times per week.
Relaxation/stress management	• I will listen to gospel and rhythm and blues music on Mondays, Wednesdays, and Fridays for 1 hour. I will read for enjoyment on Saturday afternoon or evening for 30 minutes.
	• I will schedule relaxation 5 days per week for at least 45 minutes by logging day/length of time and the activity (e.g., science fiction DVD series, reading).
Physical activity	• I will do weekly physical activity (warm up, karate, and calisthenics) for 30 minutes (3 days) and create a flexible exercise schedule.
	• I will go to the YMCA on Tuesdays and Thursdays and continue my 3 to 4 days per week of aerobic activity.
	• I will do aerobic yoga activity for 20 to 30 minutes, 6 days per week.
	• I will work on strength training twice per week, on Tuesdays and Saturdays, 6 p.m. and 1 p.m., respectively.
Sleep/rest	• I will try to go to bed weekdays at 11 p.m. and record the actual time each night.

Measurable Goals For Restorative Nursing

K Morrison



Measurable Goals For Restorative Nursing:

Whispering the Techniques of Language: An Psychological Journey through **Measurable Goals For Restorative Nursing**

In a digitally-driven world wherever displays reign supreme and instant communication drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases frequently go unheard. Yet, set within the pages of **Measurable Goals For Restorative Nursing** a interesting literary prize sporting with natural thoughts, lies an exceptional quest waiting to be undertaken. Published by a skilled wordsmith, that enchanting opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the psychological depths of the emotional evaluation, we will embark upon a genuine exploration of the book is primary themes, dissect its fascinating publishing style, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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