Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Goals

- ☐ Strive for a Healthy Weight
- ☐ Be Tobacco Free
- ☐ Be Physically Active
- ☐ Eat Wisely
- ☐ Limit Alcohol
- ☐ Manage Stress

VA HEALTH CARE Defining EXCELLENCE in the 21st Century

TLC Telephone Lifestyle Coaching for Healthy Living

1-855-MyVATLC
(1-855-698-2852)

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____

Telephone Lifestyle Coaching

When you get the call, you will see
855-698-2852 on your phone

Date _____ Time _____
Notes _____

Date _____ Time _____
Notes _____