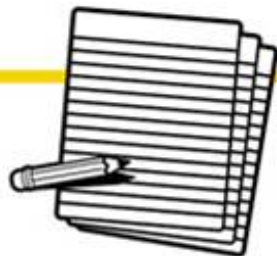


EXERCISE: ADDING SUPPLEMENTS TO YOUR LIFE



Write down all the vitamins and minerals you take now:

If necessary, decide which additional supplements you'll take daily:

When will you take these supplements?
