



Do YOU truly want:

- ♥ *The best possible health and well-being, wellness?*
- ♥ *To prevent, minimize the disease, sickness, illness you see or know about from happening to you? Or are they both another good idea.*
- ♥ *Do you care, take your health and life seriously, and willing to do what it takes for optimal health and prevention?*

If yes, then **Change, Improvement and Optimal Health Model** below is for you---and others you know who want the same thing.

It brings together **all the ingredients** for:

- ♥ Really/truly **making changes**, improvements or breakthroughs you want/need
- ♥ On a **regular, ongoing basis** like every 1, 2 or 3 weeks that .
- ♥ Means or leads to **optimal health** and well-being, wellness.

It's total, complete.

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√ Change, improvement and optimal health, nutrition diet **becomes part of your life, your lifestyle**, not “one and done” or once in a while.

√ Plus, Change, Improvement and Optimal Health Model includes helping **not just ourselves, but others** that helps us in return. There's also a moral and social responsibility to do so in some way.

√ Furthermore, Resources at the end or “**supporting cast**” for the Model feature:

- ♥ **Behavior contracts, action plans** for making changes, improvements or breakthroughs;
  - ♥ **Health Journal and Food Diary** for gaining the most out of Health, Nutrition, Diet Checkup, and maintaining your health;
  - ♥ **Stages of Change** for understanding how we change and changes are made.
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1 Have a **Health, Nutrition, Diet Checkup** [www.maxfulfillment.com/healthcheckup/](http://www.maxfulfillment.com/healthcheckup/) every 3, 6 or 9 months depending on what the first or last one shows, and

Make changes, **improvements it calls for** on a regular consistent basis like every 1, 2 or 3 weeks. It could be small like adding Vitamin D drops or zinc.

♥ Use a Health Journal and Food Diary (both in Resources) to **record, track and maintain** the state/condition of your body and health.

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2 Do something to **change, strengthen or improve your health, nutrition diet** on a regular, consistent basis like every 1, 2 or 3 weeks.

♥ It could be from 1 or something else like 2 more salads a week, or walk around the block as fast as you can every 3 days.

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3 **Learn something new** or something you already know **deeper, stronger** on a regular, consistent basis like every 1, 2 or 3 weeks.

♥ For example, learn about 1 common vitaminin deficiency a week. See Resources in [www.maxfulfillment.com/healthcheckup/](http://www.maxfulfillment.com/healthcheckup/)

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4 Use a health behavior contract, action plan or SMART action plan (in Resources) for **achieving/accomplishing** 1-3

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5 Gain any **support, assistance and accountability** you want/need for implementing and completing 1-4. For examples:

♥ Use the Open Forum [www.maxfulfillment.com/sundayhealthmeeting/](http://www.maxfulfillment.com/sundayhealthmeeting/).

♥ Have a support, change partner or two who can support, assist and hold you accountable for doing 1-5 on a regular, consistent basis.

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6 **Help others** with their health, nutrition, diet that also **helps you** with yours. There's also a moral and social responsibility to do so in some way. For examples:

♥ Pass, share this Change, Improvement and Optimal Health Model [www.maxfulfillment.com/healthmodel/](http://www.maxfulfillment.com/healthmodel/) with others and maybe support, assist or help them out. You just don't know who might be interested and in turn might know someone who is.

♥ Find another 1 or 2 who need to make changes, improvements or breakthroughs with their health, nutrition, diet like you do. Partner, team up, help each other out.

♥ Participating in or help start a Health Ministry [HCT Health Ministry--4 pdf](#).

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7 **Reach out, speak up** for any help with anything that interferes with carrying out 1-6, such as problem, issue too much to handle; challenge, obstacle or excuse making life too difficult; what's "keeping you awake at night".

♥ Start with Randy, contact info below or Open Forum [www.maxfulfillment.com/sundayhealthmeeting/](http://www.maxfulfillment.com/sundayhealthmeeting/).

2 HCT Randy Bennett Ed.D. [randy@maxfulfillment.com](mailto:randy@maxfulfillment.com)

8 **Other**, what would you add. Adapt, modify, make this Change, Improvement and Optimal Health Model your own.

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## Resources or “Supporting Cast” for Change, Improvement and Optimal Health Model

[www.maxfulfillment.com/healthmodel/](http://www.maxfulfillment.com/healthmodel/)

♥ What helps to **gain the most** out of a Health, Nutrition, Diet Checkup (1), and **record, track and maintain** the state/condition of your body and health---Health Journal and Food Diary.

♥ What studies show is best for **making changes, improvements** or breakthroughs---health behavior contract, action plan and SMART action plan (6). Choose the one you like or works best for you. You could also modify, adapt it any way you want.

♥ What is used the most for **understanding how we change and changes are made**---Stages of Change.

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Health Journal

<https://s.sharecare.com/newsletter/OHG/your-health-plan.pdf>

Food Diary Guide

<https://penzu.com/food-diary>

Food Diary

[Food-diary vertex](#)

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SMART Goals Health Action Plan

<https://www.wellspring.com/wp-content/uploads/2017/12/SMART-Goals-Action-Planner.pdf>

SMART Goals Action Plan examples

<https://hr.umich.edu/sites/default/files/rewards-action-plan-examples2015.pdf>

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Behavioral Contract ACE

<https://acewebcontent.azureedge.net/healthcoachresources/pdfs/BehavioralContract.pdf>

Personal Health Behavior Contract

<http://people.uncw.edu/bennettj/JB%20Webpage/Per%20Health%20Beh%20Contract%208-8-02.pdf>

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Personal Action Plan

<http://healthengagement.kaiserpermanente.org/wp-content/uploads/17850-personal-action-plan.pdf>

Health, Nutrition, Diet Action Plan

<https://www.maxfulfillment.com/sundayhealthactionplan/>

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Why behavior change is hard - and why you should keep trying.

5 Stages of Change

3 HCT Randy Bennett Ed.D. [randy@maxfulfillment.com](mailto:randy@maxfulfillment.com)

<https://www.health.harvard.edu/mind-and-mood/why-behavior-change-is-hard-and-why-you-should-keep-trying>

6 stages of change

<https://www.verywellmind.com/the-stages-of-change-2794868>

probably the most user friendly, most readable, understandable

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Other, what would you add?

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For **questions**, further info; **discussion**, requests; **support**, assistance; **input**, ideas or suggestions, contact Randy 847 809-4821, [randy@maxfulfillment.com](mailto:randy@maxfulfillment.com). And see [www.maxfulfillment.com/healthmodel/](http://www.maxfulfillment.com/healthmodel/); [www.maxfulfillment.com/sundayhealth/](http://www.maxfulfillment.com/sundayhealth/).