

# My Feed All Four Action Plan

My name: \_\_\_\_\_

**BODY**

- 1.
- 2.
- 3.

**MIND**

- 1.
- 2.
- 3.

**EMOTIONS**

- 1.
- 2.
- 3.

**SPIRIT**

- 1.
- 2.
- 3.

FEED ALL  
**FOUR**

feedall**four**.ca