HAQ ~ 4 DOCTOR PROBLEM SOLVING CHART

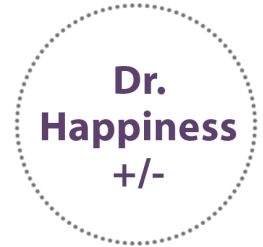**Name:** _____   **Date:** _____

(Nutrition - Hydration - Sleep ~ Breathing - Thinking - Movement)
Work-In? ~ Work-out?

Dr. Quiet +/-

Action Items:

1.
2.
3.
4.

Dr. Happiness +/-

Action Items:

1.
2.
3.
4.

HAQ System

Dr. Diet +/-

Action Items:

1.
2.
3.
4.

Dr. Movement +/-

Action Items:

1.
2.
3.
4.

Notes: