

# Wellness Plan Recap

Date: [Insert Date]

Dear [Patient's Name],

We are pleased to provide you with a recap of your personalized wellness plan, designed to support your health and well-being.

## Health Goals

- Maintain a balanced diet
- Engage in regular physical activity
- Manage medications effectively
- Attend regular health check-ups

## Recommended Activities

1. Nutrition:

- Incorporate more fruits and vegetables into your meals.
- Stay hydrated by drinking plenty of water.

2. Physical Activity:

- Walk for at least 30 minutes, five days a week.
- Participate in strength training exercises twice a week.

## Medications

Please ensure you are taking your medications as prescribed:

- [Medication 1: Dosage]
- [Medication 2: Dosage]

## Follow-Up Appointments

Don't forget to schedule your next appointment on [Date].

Warm regards,

[Your Name]

[Your Position]

[Your Contact Information]