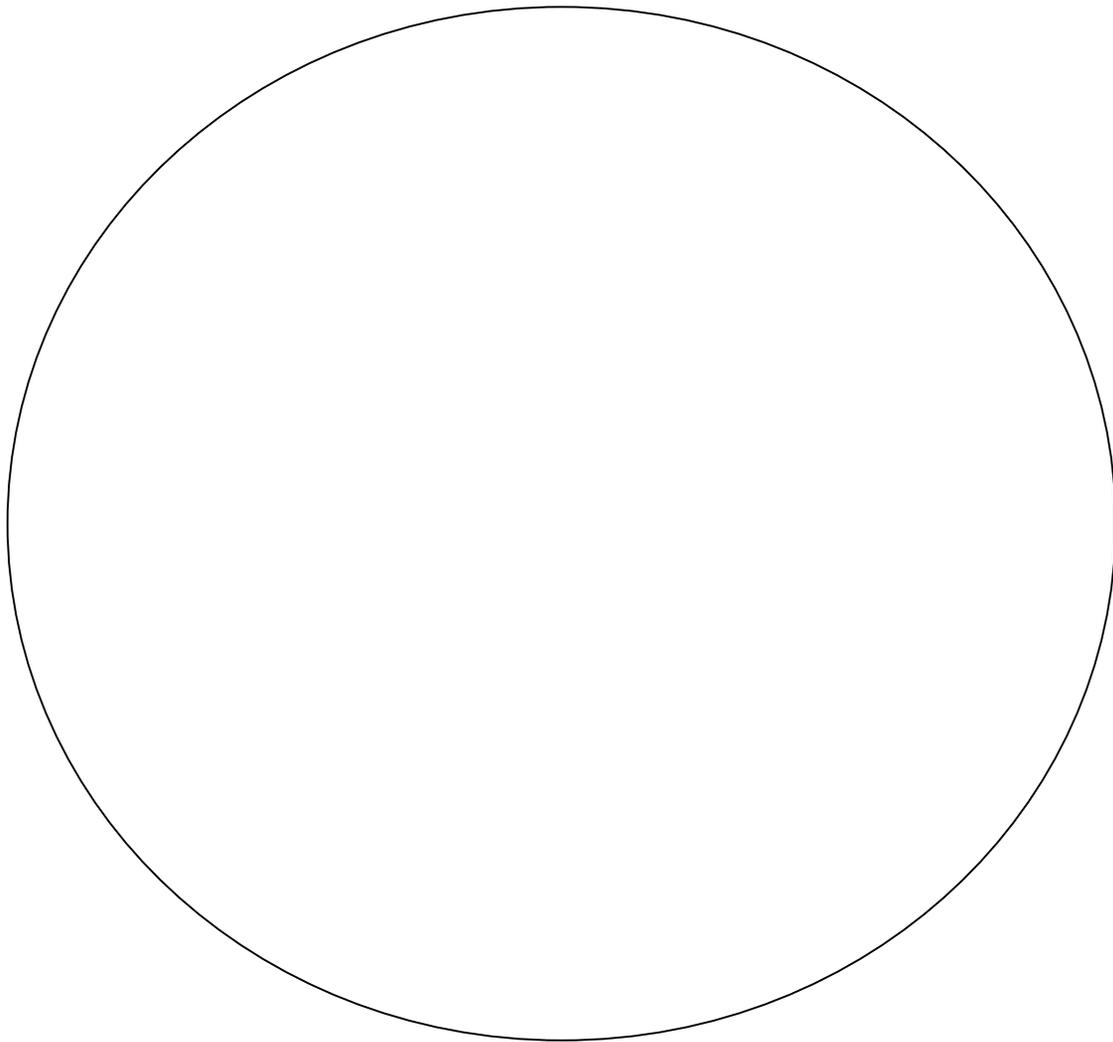


Evaluate Your Health Portfolio!

Fill in the circle with the appropriate percentage of time you spend in the following types of activities.

- Physical
- Mental
- Emotional
- Social



If you find your portfolio isn't in balance make a special effort in those areas occupying a smaller slice of the pie for the remainder of the Feel Like a Million Incentive Program.

Start contributing to your Health Portfolio!

Follow the same steps as you would for your financial portfolio.

Enroll

	<u>Financial Portfolio</u>	<u>Health Portfolio</u>
Step #1	Finalize your asset allocation	Complete the health portfolio exercise above to determine your current investment balance in each health area and identify desired percentages for each area.
Step #2	Choose your funds	Choose your activities for each health area (physical, mental, social and emotional).
Step #3	Choose a contribution amount	Determine how much time you can invest in these activities.
Step #4	Enroll now	Finalize your plan and start living healthy today.

Keeping Current

(Remember the three R's)

	<u>Financial Portfolio</u>	<u>Health Portfolio</u>
Review	Check your portfolio regularly.	Keep a log of your activities and review it often.
Reevaluate	Compare your current asset allocation against the portfolio percentages you originally selected...adjust for changes in your objectives, investment outlook, or financial situation.	Compare the number of activities in each of the health areas (physical, mental, social and emotional) you are currently engaging in and see if you are reaching your desired allocation percentages...adjust for changes in the weather, your time availability, sickness and injuries, family obligations, or other life events.
Rebalance	If you feel your money isn't where it should be (according to your asset allocation strategy), move it there.	If you aren't getting the desired results from your activities switch what you are doing and try something new. This will help you maintain your motivation and reach your health and wellness goals.

And remember, keep an eye on your long-term goals. Continue to contribute to your Financial and Health Portfolios. If you stick with it, you can succeed.

After all...once you get started, it's easy!

(Information adapted from the Fidelity Investments "getting started" workbook.)