

# Inspiration of the Month - Nomination Form

*Directions: Nominee should complete the questions below. Make sure the person on this form agrees to be nominated. Return to the Healthy Haywood Coordinator.*

**Date Submitted:**

Nominee's Name: Phone: (Work) (Cell) (Home) E-mail:
--

Person Making Nomination: Phone: (Work) (Cell) (Home) E-mail:
--

**PLEASE USE ADDITIONAL PAGES AS NEEDED**

What changes have you made to improve your health?

When did you decide to choose a healthier lifestyle?

Why did you decide to make healthy lifestyle changes?

What or who influenced you to make healthy changes?

What have been your biggest challenges?

What benefits do you most enjoy from your healthy habits?

What motivational words do you have for others?

Please suggest useful resources:

<p><b>RETURN TO:</b> Steffie Duginske; Healthy Haywood Coordinator 2177 Asheville Road, Waynesville, NC 28786 <a href="mailto:sduginske@haywoodnc.net">sduginske@haywoodnc.net</a> Forms can be found: <a href="http://www.healthyhaywood.org">www.healthyhaywood.org</a></p>	
---	--