



**HEALTHY
—DADS—**

Being a good dad can feel draining. Especially when you are giving from an empty tank. At Healthy Dads, we help fill your tank with community, courses, and content so that you can show up every day with something to give.

THE GRID

HOW TO USE THE GRID

Winning = What should we optimize?

Losing = What needs to be change?

Missing = What needs to be added?

Confusing = What needs clarity?

		WINNING	LOSING	MISSING	CONFUSING
DIMENSION	FAITH				
	FITNESS				
	FATHERHOOD				
	FINANCES				
	FAMILY				
	FUN				