



*IF YOU AIM AT NOTHING YOU
WILL HIT IT EVERY TIME*

Starting Date: _____

Describe Your Specific Goal - Be Specific:

(For example: Lose 10 lbs. in 6 weeks or lose 4 inches in 6 weeks)

Why do you want to achieve this Goal:

(For example: To fit into my size 7 jeans or to work toward lower my cholesterol)

3 Steps to achieve your Goal – Be Specific:

(For example: Exercise Mondays, Wednesdays, Fridays or I will follow the program for the WHOLE 6 Weeks)

1.

2.

3.

Deadline to Achieve: _____ *A GOAL WITHOUT A DEADLINE IS A DREAM*

Reward (Pick a reward for you achieving your goal): _____

Signature _____ Witness*: _____

*Share with someone else to be accountable- it helps! Be sure to view this AM and PM throughout the program.