



GOALS ACTION PLAN

GOAL	WHY	MOTIVATION
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START DATE	DEADLINE	REWARD
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OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

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LITTLE STEPS

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NOTES



Fitness Goals

START:
FINISH:
DURATION:

starting weight	final weight

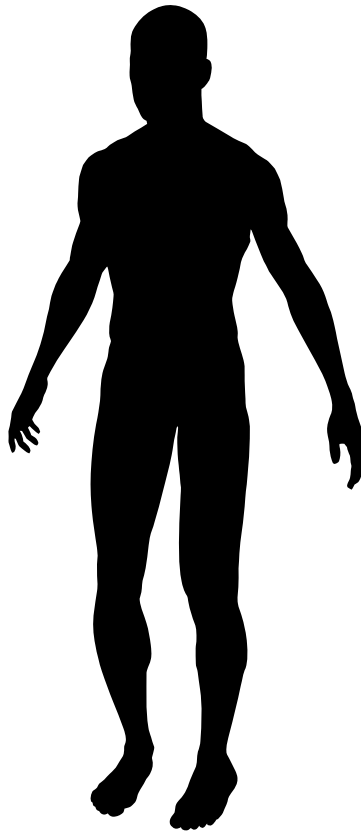
START

NECK	
BUST	

BICEPS	
WAIST	

HIPS	
THIGHS	

ABS	
CALVES	



END

NECK	
BUST	

BICEPS	
WAIST	

HIPS	
THIGHS	

ABS	
CALVES	

NEW HEALTHY HABITS

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BAD HABITS TO CUT

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MOTIVATION & INSPIARATION