

# Those who fail to plan, plan to fail.

Why am I setting these goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

	This Month	Six months from now	One year from now
Nutrition Goal:	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
Exercise Goal:	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
Weight-loss goal:	_____ _____ _____	_____ _____ _____	_____ _____ _____

Accountability Partner: \_\_\_\_\_

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