



FITNESS GOALS

STARTING WEIGHT	BMI
START DATE	END DATE

GOAL WEIGHT	BMI
DURATION	

why I want to reach this goal

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how I want to feel about my body

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ACTION PLAN

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HEALTHY HABITS TO BUILD

1

2

3

4

5

BAD HABITS TO CUT

1

2

3

4

5

MILESTONES		DUE DATE	REACHED ON
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

I REACHED MY GOAL ON	REWARD
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