

# Goal Setting *Planner*

A health goal-setting planner is like a roadmap to your personal treasure trove of achievements! Let's break down your goals:

Goal Number One:
What is my health goal?
What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

Goal Number Two:
What is my health goal?
What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

Goal Number Three:
What is my health goal?
What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

