Goal Setting Planner

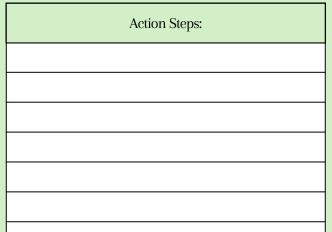
A health goal-setting planner is like a roadmap to your personal treasure trove of achievements! Let's break down your goals:

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

Goal Number Three:

What is my health goal?

What purpose does this goal serve in my bigpicture plan? Why do I want to achieve this?





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