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internal medicine primary care integrative medicine health management weight management acupuncture aesthetics massage therapy

My 2013 Goal Worksheet

Name: _____

Why I want to achieve these goals: _____

Goal:	_____	Date Achieved?	_____
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Action Step 1:	_____		_____
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Action Step 2:	_____		_____
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Action Step 3:	_____		_____
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Challenges to achieving my goal?

Who is supporting me?

What do I get for achieving my goal?
