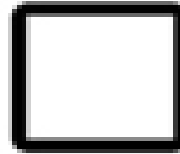


**START DATE:**

\_\_\_\_\_

**TARGET DATE:**

\_\_\_\_\_



HEALTH & FITNESS

**GOAL:** (SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, TIME BOUND)

\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

**MILESTONES:** (STEPS ALONG THE WAY TO COMPLETING THE GOAL)

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**STONES APPLIED:**

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\_\_\_\_\_