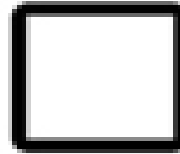


START DATE:

TARGET DATE:



HEALTH & FITNESS

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

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

STONES APPLIED:

