

Live Healthy Goal Setting

25

•My 25 Day Goal:

•This goal is important to me because:

•I will celebrate this goal by:

50

•My 50 Day Goal:

•This goal is important to me because:

•I will celebrate this goal by:

75

•My 75 Day Goal:

•This goal is important to me because:

•I will celebrate this goal by:

100

•My 100 Day Goal:

•This goal is important to me because:

•I will celebrate this goal by:

Celebrate

•I'm going to celebrate by: