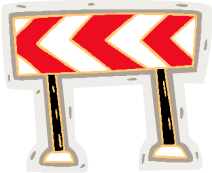
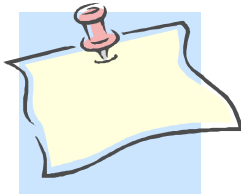


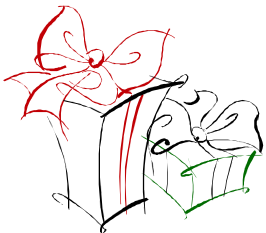
Who will you ask for support?



What might get you off track? How will you overcome it?



How will you know you have achieved your goals?

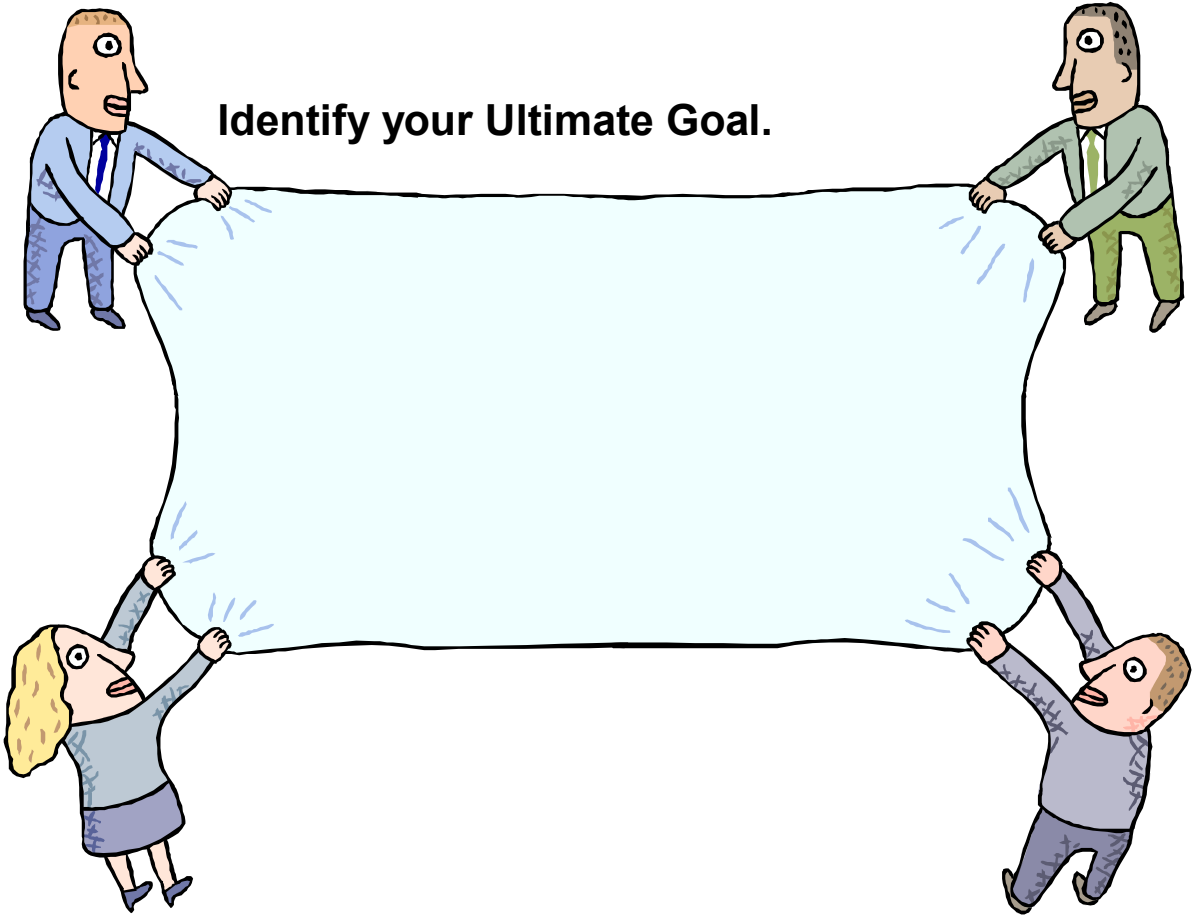


Identify your reward for achieving your Ultimate Goal.

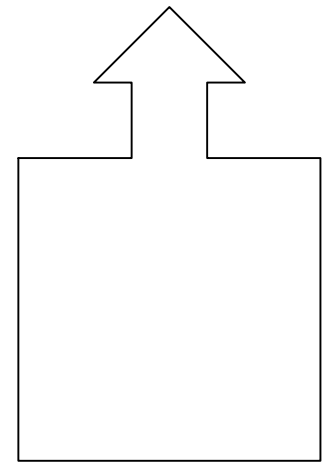
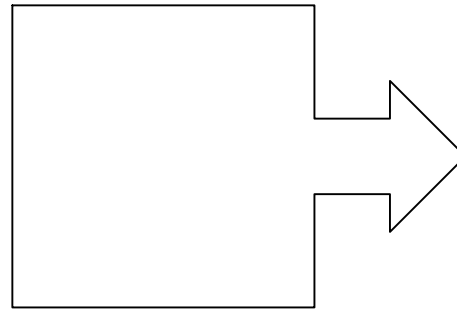
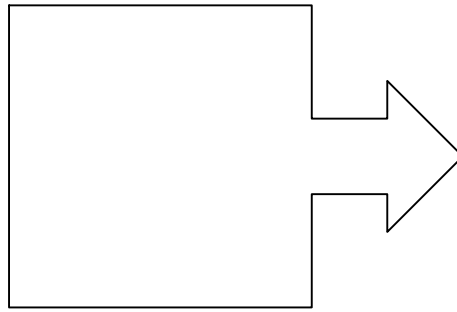
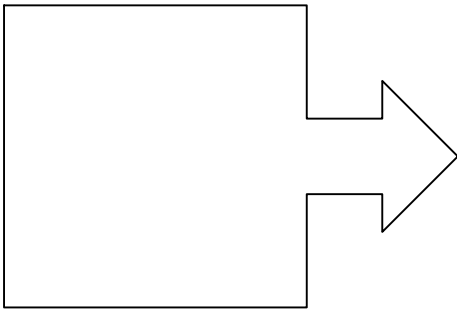
Name: _____

Start Date: _____

End Date: _____

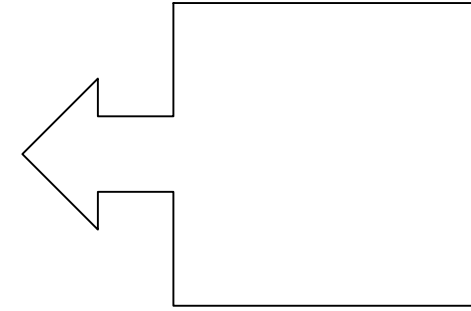
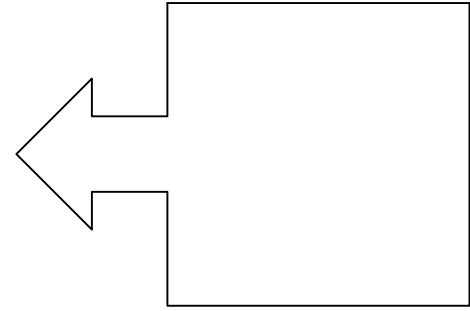
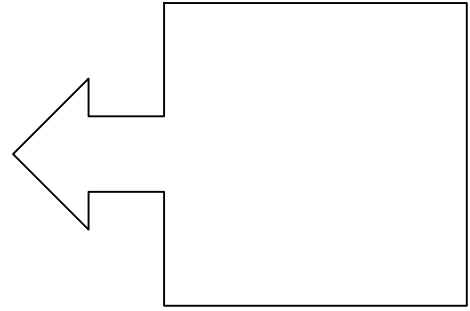
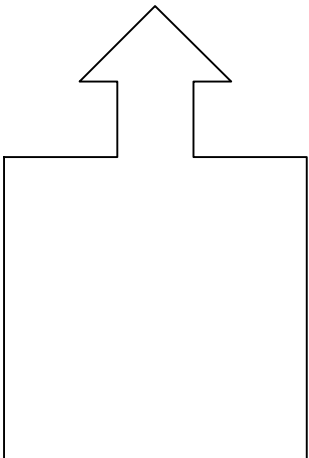


Set a goal for the month.



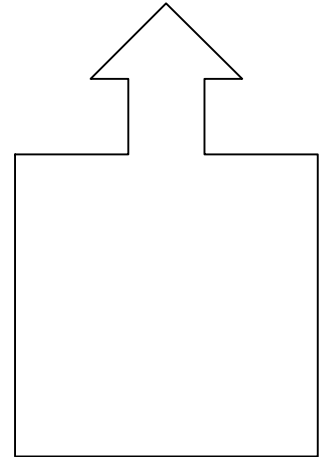
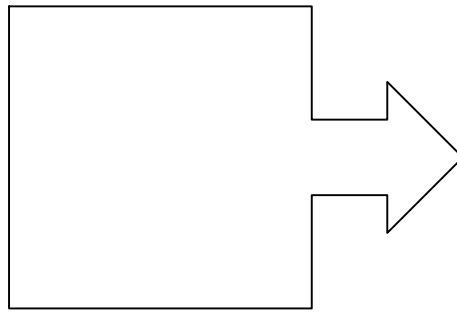
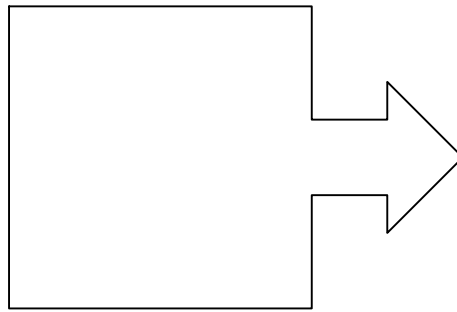
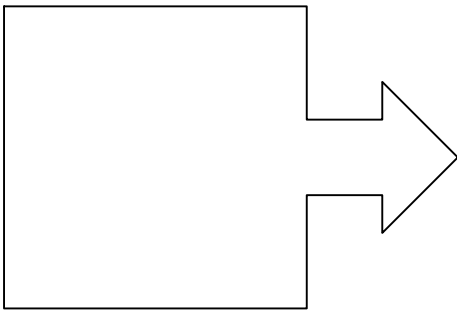
Month 6

Set a goal for the month.

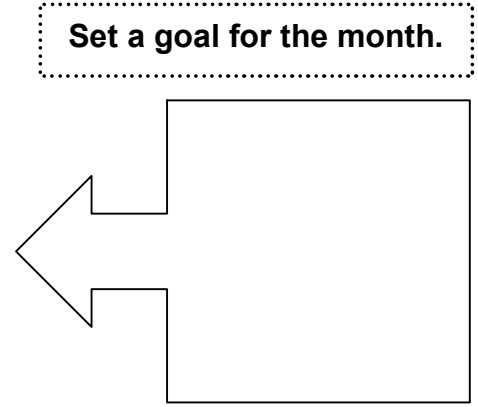
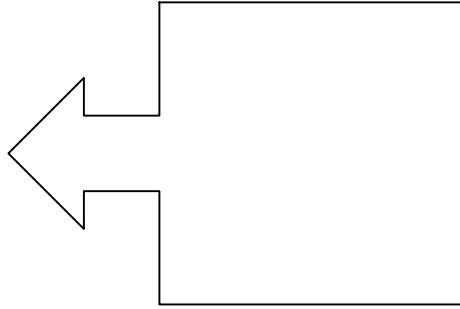
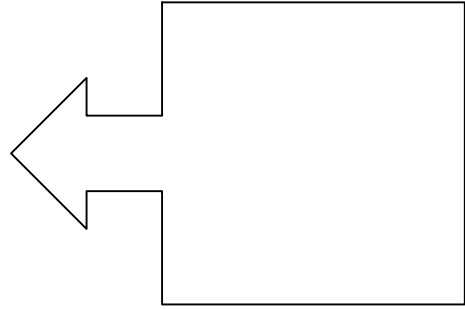
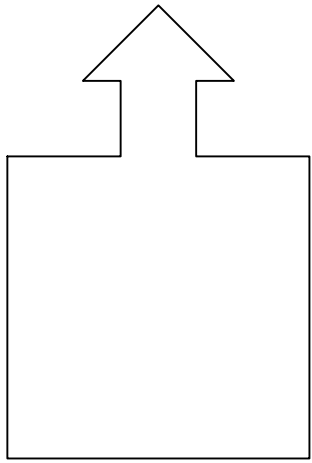


Month 5

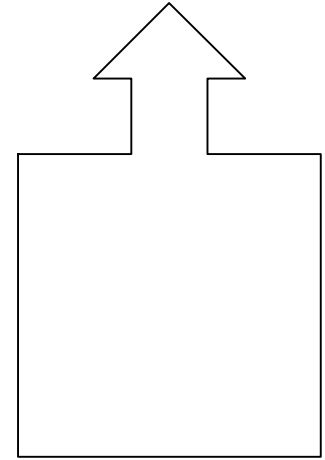
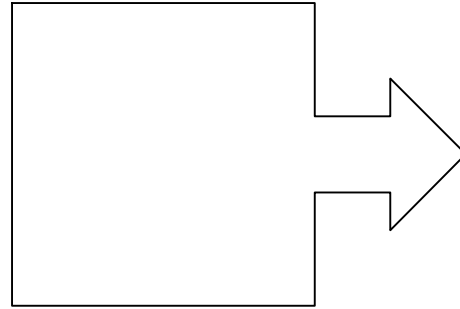
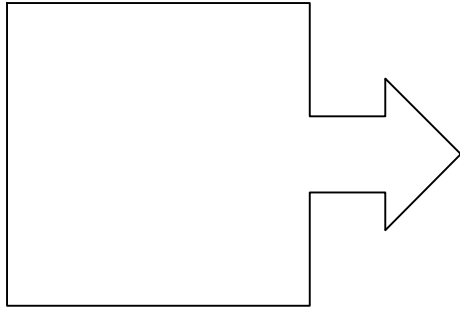
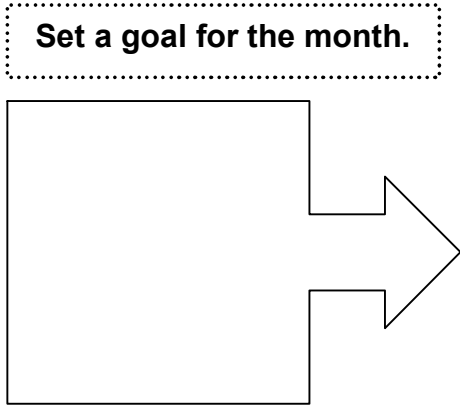
Set a goal for the month.



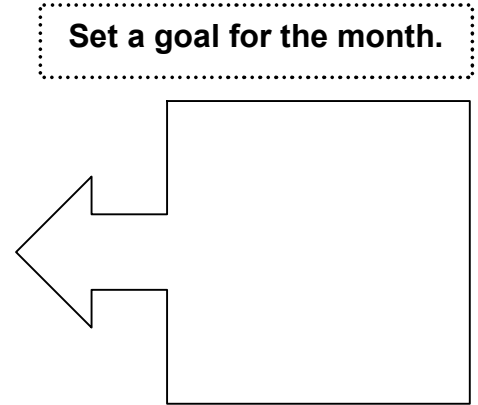
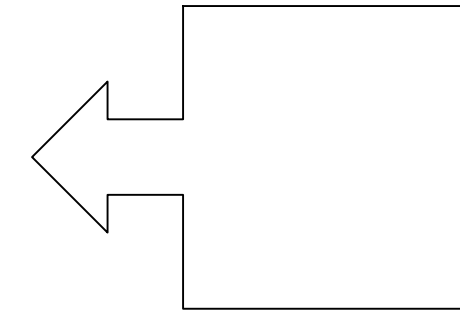
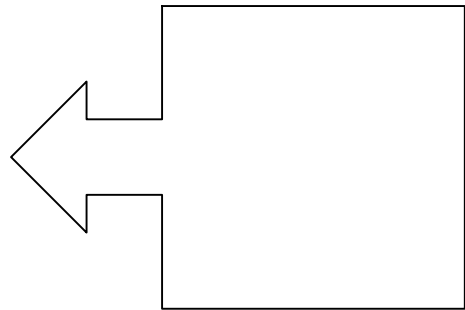
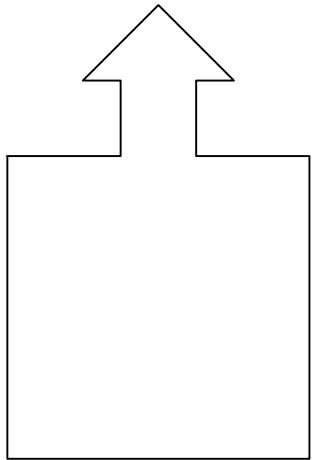
Month 4



Month 3



Month 2



START