

Lifestyle Action Plan



Please set the monthly goals that you plan to achieve. These goals will help you realize your vision.

Tip: These are generalized statements

My monthly goals are:

S (Specific)

M (Measurable)

A (Action oriented)

R (Reasonable)

T (Time-line)

Please set your weekly goals that you plan to achieve. These goals will help you realize your monthly goals.

Tip: These statements are more concrete and exact.

My weekly goals are:

S (Specific)

M (Measurable)

A (Action oriented)

R (Reasonable)

T (Time-line)

Week of: _____	I did it!	What worked, what didn't work.
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Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	

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