

MY Specific Goal

Target Date

✓	Barriers to obtaining your goal. Be Honest!	How will you overcome the barrier? Solutions!
	I don't have time	
	I think it's boring	
	I'm embarrassed	
	I'm not athletic	
	I am not comfortable	

Commitment  
Time / Amount

M	<input type="text"/>
T	<input type="text"/>
W	<input type="text"/>
Th	<input type="text"/>
F	<input type="text"/>
S	<input type="text"/>
Su	<input type="text"/>

One Fit Thing

MY Reward