MY Specific Goal

Water Goal - Drink between 2 - 3 water bottles full of water each day. Each water bottle is 3 cups.

Target Date 03/26/2017

M

Goal Time or Amount :

2 Water Bottles

Goal Steps/ Solutions to focus on or notes.

Fill your water bottles before you leave for work.

SUCCESS!

T

Goal Time or Amount :

2 Water Bottles

Goal Steps/ Solutions to focus on or notes.

Weigh in day! Don't skimp on water today!

SUCCESS!

W

Goal Time or Amount :

2 Water Bottles

Goal Steps/ Solutions to focus on or notes.

Fill your water bottle as soon as you come home from work.

SUCCESS!

Th

Goal Time or Amount :

2 Water Bottles

Goal Steps/ Solutions to focus on or notes.

Add some fruit, ginger and/or spices for a bit of variety.

SUCCESS!

F

Goal Time or Amount :

2 Water Bottles

Goal Steps/ Solutions to focus on or notes.

Drink water before every meal.

SUCCESS!

S

Goal Time or Amount :

2 Water Bottles

Goal Steps/ Solutions to focus on or notes.

Take your water bottle in the car with you to enjoy while doing errands.

SUCCESS!

Su

Goal Time or Amount :

2 Water Bottles

Goal Steps/ Solutions to focus on or notes.

Drink a cup of water before any other beverage, including coffee.

SUCCESS!

Reward

TV Weekend! A binge watching extravaganza!!

Week 1	Week 2	Week 3	Week 4
✓	✓	✓	✓

One Fit Thing