

Faith



Fitness



Finances



Family/Friends



Fun/Freedom



Example

Area of life: Fitness

Goal: Loose 20lbs

Goal details: I want to loose 20 lbs before my wedding on July 15th. I want to do it naturally and feel better about myself after I loose the weight.

When will you start? 03/01/2018

When do you finish? 07/15/2018

Milestones

- **Milestone #1** - Join the local Plant Fitness by my house before 03/01/2018. Find a workout plan online that I think I can do but is challenging.
- **Milestone #2** - Find a workout partner who will keep me accountable and push me at the gym. Start my meal plan to help me loose more weight.
- **Milestone #3** - Loose 10 lbs by 05/15/2018. This will be close to the halfway point. From here I will either know I can get to my goal or find something to improve
- **Milestone #4** - Loose 18 lbs by 07/01/2018. If I can make it to this point I know my goal is close

Area of life

Goal

Goal details

When will you start?

When do you finish?

Milestones

- Milestone #1
- Milestone #2
- Milestone #3
- Milestone #4

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