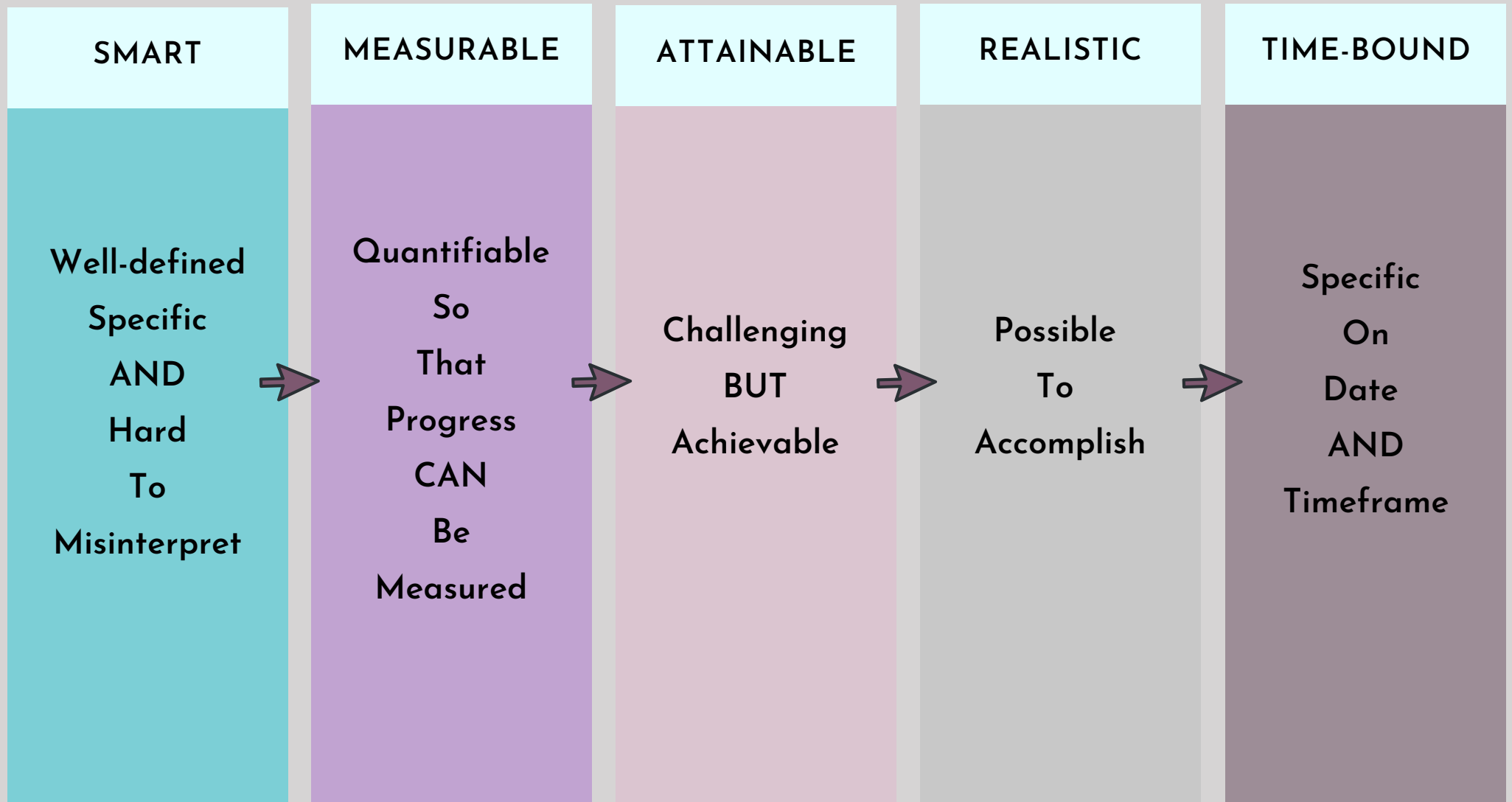


SMART Goals



SMART Diet Goals

GOAL	SMART	MEASURABLE	ATTAINABLE	REALISTIC	TIME-BOUND
1					
2					
3					
4					
5					

Weekly Meal Planner

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

LUNCH

SNACK

DINNER

Healthy Eating Goals

HEALTHY EATING GOALS

INTENTIONS TO SUPPORT GOALS

1 GOAL

2 GOAL

3 GOAL

4 GOAL

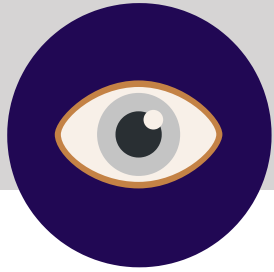
5 GOAL



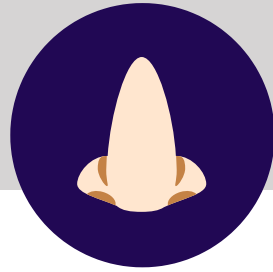
NOTES

Mindful Eating Challenge

describe your eating experience



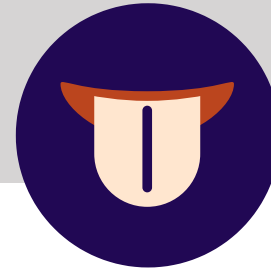
SEE



SMELL



TOUCH



TASTE



HEAR

SMART Fitness Goals

GOAL	SMART	MEASURABLE	ATTAINABLE	REALISTIC	TIME-BOUND
1					
2					
3					
4					
5					

Fitness Goals

FITNESS GOALS

INTENTIONS TO SUPPORT GOALS

1 GOAL

2 GOAL

3 GOAL

4 GOAL

5 GOAL



NOTES

Weekly Fitness Planner

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TYPE OF
ACTIVITY

DURATION

GOAL

INTENTION

Notes