BE STRONG
Eat.Move.Live

EXAMPLE GOAL

TAKE POSITIVE ACTION

STEP 1 TO ACHIEVE IT..	STEP 2 TO ACHIEVE IT..	STEP 3 TO ACHIEVE IT..
I will create a new menu for my kitchen, containing my very favourite meals, based on 1400 calories per day	I will complete every exercise session on my new plan, no matter what, injury excepted	I will sacrifice food items that cause me to be happy when I eat them, but disappointed in myself later. This is my biggest calorie deficit opportunity. (Cakes, ice cream, biscuits, chocolate and cheese)

START DATE:	03/06/2017
STARTING WEIGHT:	15st 9lbs
END DATE:	26/08/2017 (12 weeks)
TARGET WEIGHT TO AIM FOR:	13st 13lbs (-1st 10lbs)
TARGET WEIGHT RESULT:	13st 9lbs (-2st)

TOTAL OF DAILY CALORIES FOR THE PERIOD OF YOUR GOAL: 1400

BREAKFAST	LUNCH	DINNER	SNACKS
280 Calories	**420** Calories	**420** Calories	**280** Calories

Having a written goal means you have focus, it removes any vagueness and sets it aside from the 1,500 thoughts per minute that the average human being experiences. They turn the invisible into the visible and you are twice as likely to succeed with a written goal, than without one.

Goal Setting

MY GOAL

INSERT GOAL HERE

STEP 1 TO ACHIEVE IT..	STEP 2 TO ACHIEVE IT..	STEP 3 TO ACHIEVE IT..
What will you do to ensure you achieve your goal?	What will you do to ensure you achieve your goal?	What will you do to ensure you achieve your goal?

START DATE:	Start date of your goal goes here
STARTING WEIGHT:	Your weight at start of goal
END DATE:	End date of your goal goes here
TARGET WEIGHT TO AIM FOR:	Your target weight at end of goal
TARGET WEIGHT RESULT:	Your actual weight at end of goal

TOTAL OF DAILY CALORIES FOR THE PERIOD OF YOUR GOAL:

BREAKFAST	LUNCH	DINNER	SNACKS
Calories	Calories	Calories	Calories

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