

Body-for-LIFE

12-Week Goals

Please write down 5 specific goals you will achieve over the course of your 12-week Program.

1

2

3

4

5

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Reasons

Please write down 3 reasons why you have decided to achieve your 12-week goals.

1

2

3

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Transforming Patterns of Action

Please write down 3 patterns of action you need to transform in order to successfully achieve your 12-week goals.

1

Old Pattern:

New Pattern:

2

Old Pattern:

New Pattern:

3

Old Pattern:

New Pattern: