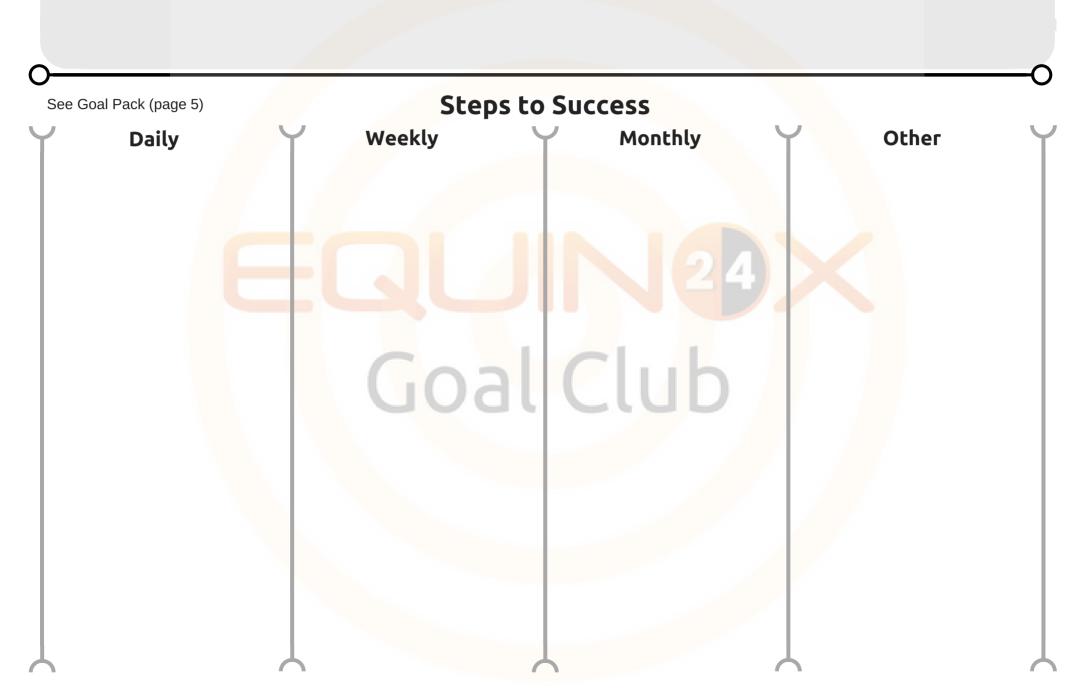
MY GOAL:



MY GOAL:

See Goal Pack (page 6)

12 Week Planner

See Goal Pack (page 6)				
Week 1 Mini Goal	Week 2 Mini Goal	Week 3 Mini Goal	Week 4 Mini Goal	R
				E
Main Steps to Success this week	V			
				E
				W
Week 5 Mini Goal	Week 6 Mini Goal	Week 7	Week 8 Mini Goal	R
				E
Main Steps to Success this week	V			
	Coa	Club		E
	900	Cide		W
Week 9	Week 10 Mini Goal	Week 11 Mini Goal	Week 12 Mini Goal	R
				E
Main Steps to Success this week	V			
				E
				W

See Goal Pack (page 7)

Weekly Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY