

Name:

Date:

Version #

Focus	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Year 2	Year 3	Year 5
Work/ Career							
Financial		Gym membership will impact budget			New Cloths?		New Cloths?
Health	Lose 3-4 pounds Consult with MD Consult with nutritionist Exercise program Research gyms	Lose 3-4 pounds Join Gym	Lose 3-4 pounds Attend gym consistently	Lose 3-4 pounds Follow up with MD Check lab changes	Lose total of 10 pounds Attend gym consistently	Lose total of 30 pounds	Successfully lose 50 pounds total
Family & Friends	Connect with family Discuss commitment						
Personal Growth			Enhanced self image		Enhanced self image		Enhanced self image
Other							

Notes