



# My Holiday Goals

Think of where you want to be on January 1st regarding your health and fitness. Envision yourself as you want to feel on that day - physically, emotionally and spiritually. Now work backward. What do you need to do now to achieve those goals?

This page is for jotting down those goals. The next page is for thinking through each one, step by step.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

