



# My Fitness Goals

Goal #1 The Reason for the Plan!

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Goal #2

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Goal #3

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## How I'll Get There

(The steps to reach my goals)

1. \_\_\_\_\_ ⌚ \_\_\_\_\_

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2. \_\_\_\_\_ ⌚ \_\_\_\_\_

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3. \_\_\_\_\_ ⌚ \_\_\_\_\_

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4. \_\_\_\_\_ ⌚ \_\_\_\_\_

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## When It Will Happen

(Timeline/Deadline)