

# Healthy Lifestyle Goals Outline

<b><u>What</u></b> is my goal?		Notes:
<b><u>Why</u></b> is this my goal?		Notes:
<b><u>How</u></b> will I attain this goal?		Notes:
<b><u>What</u></b> will I do to attain this goal?		Notes:
By <b><u>when</u></b> will I attain this goal?		Notes:
<b><u>Where</u></b> will I need to go to attain this goal (stores, gym, etc)		Notes: