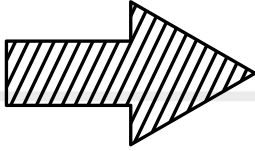


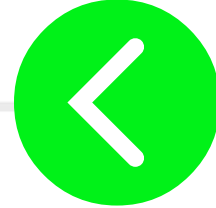
MY ALL IN PLAN

Name:

goal!



do by



why?

action steps

1



2



3



4



limiting factors



what to do if you get off track?



MOVEMENT
— FITNESS —

"LIFE WILL ONLY CHANGE WHEN YOU BECOME MORE COMMITTED TO YOUR DREAMS THAN YOU ARE YOUR COMFORT ZONE" - BILLY COX