

# FITNESS GOALS

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Duration:	Goal Weight:	Goal BMI:
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### Bad Habits to Stop

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## MEASUREMENTS

	START	END
NECK		
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### Good Habits to Start

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### Bad Habits to Stop

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## ACTION PLAN

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## MEASUREMENTS

	START	END
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## MEASUREMENTS

	START	END
NECK		
BUST		
BICEPS		
WAIST		
HIPS		
THIGHS		
ABS		
CALVES		

## ULTIMATE REWARD:

Blank area for writing ultimate reward.

# FITNESS GOALS

Start Date:	Start Weight:	Start BMI:
Duration:	Goal Weight:	Goal BMI:
End Date:	End Weight:	End BMI:

## MOTIVATION

Blank area for writing motivation.

### Good Habits to Start

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### Bad Habits to Stop

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