

## 21- Day Goal Plan



Starting Date: \_\_\_\_\_

### **Describe Your Specific Goal - Be Specific:**

(For example: Lose 5 lbs. in 21-days or lose 2 inches in 21-days)

### **Why do you want to achieve this Goal:**

(For example: To fit into my size 7 jeans or to work toward lower my cholesterol)

### **3 Steps to achieve your Goal – Be Specific:**

(For example: Exercise Mondays, Wednesdays, Fridays or I will follow the program for the WHOLE 21-Days)

- 1.
- 2.
- 3.

Deadline to Achieve: \_\_\_\_\_

Reward (Pick an award for the end of the 21-days): \_\_\_\_\_

Signature \_\_\_\_\_ Witness\*: \_\_\_\_\_

\*Share with someone else to be accountable- it helps! Be sure to view this AM and PM throughout the program.