

Goal Decision Making Tool

Selecting the right goal is hard. This tool will help you break down what your goal could be, in order to get you there as smoothly as possible.

things that add



small parts of the step

Step 1

Step 2

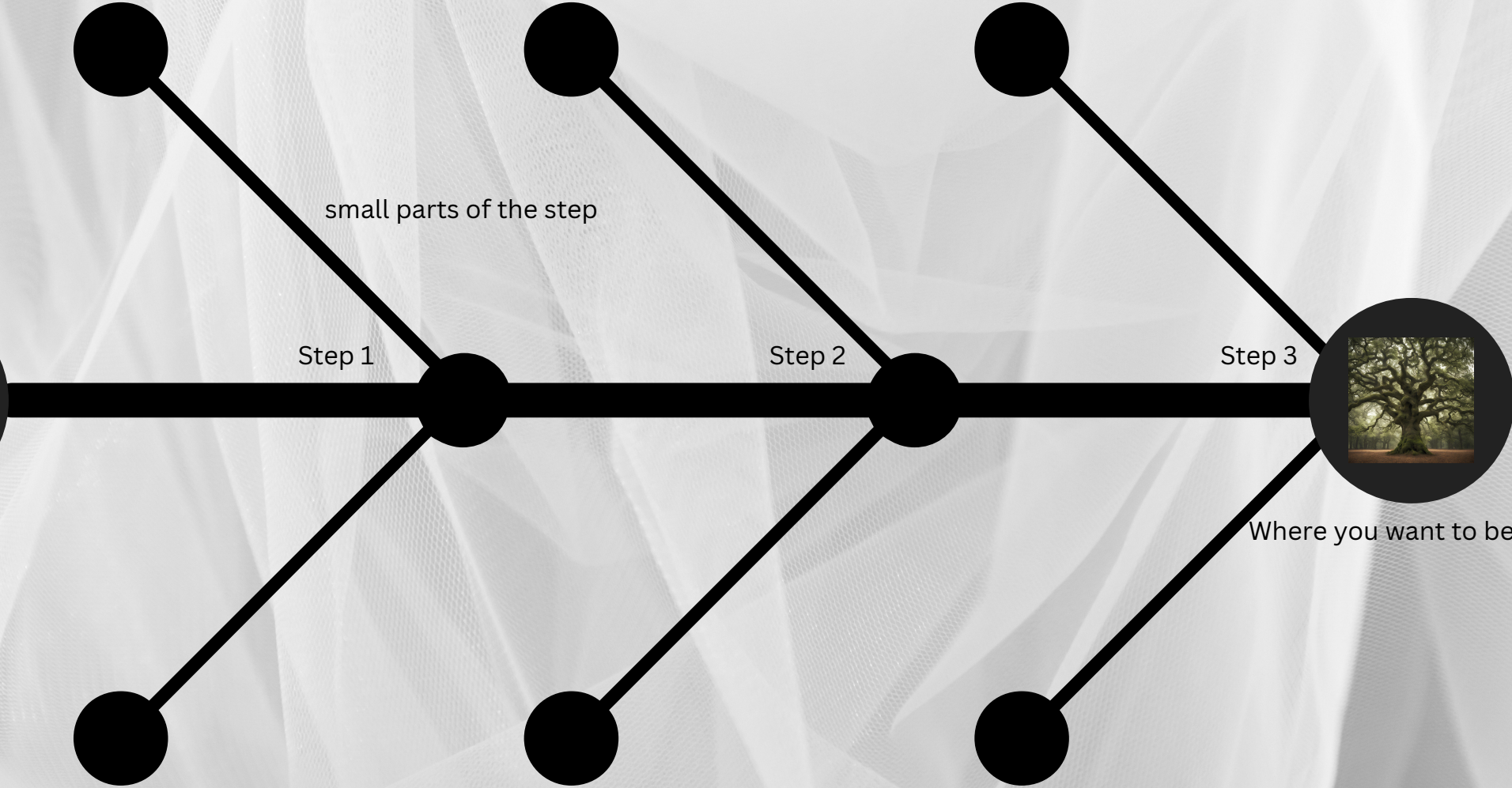
Step 3



Where you are

Where you want to be

things that take away



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things that add



join a gym

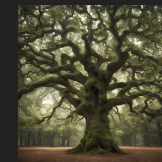
eat more whole foods

go to bed earlier

exercise more

eat less

sleep more



fat

skinny

start running

- > knees hurt
- > hate running

cut down on calories

get up earlier

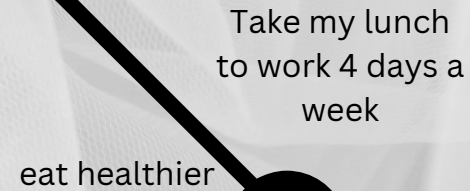
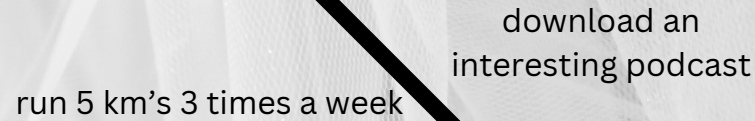
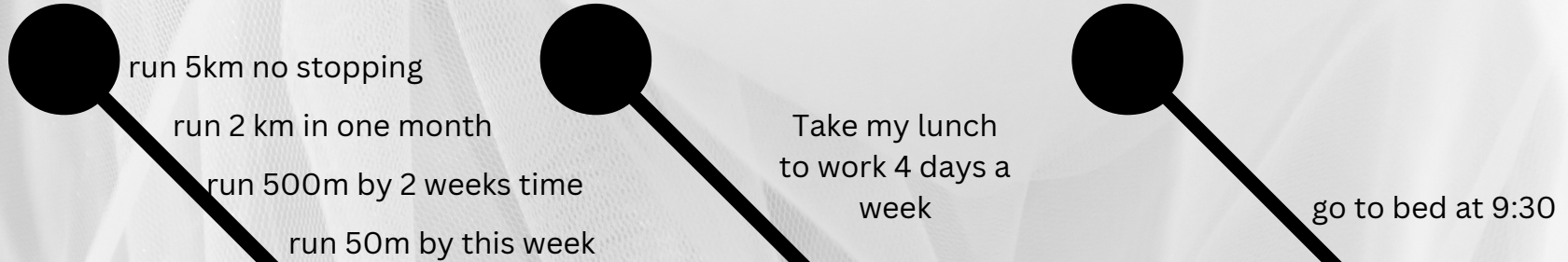
things that take away



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things that add



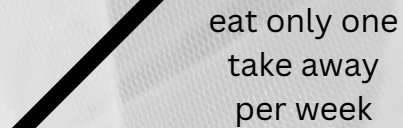
sleep more



90Kg



80Kg



wake up at 5am

things that take away

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