

# SELF-Habit change –Weight loss

## Goal Achiever Organiser First Visit

### What Is Your Vision

Task Number	Objective	Deadline
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Review your plan and identify any missing elements.

# Goal Achiever Organiser Second Visit

## What Is Your Vision

Task Number	Objective	Deadline
1		
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Review your plan and identify any missing elements.

# Goal Achiever Organiser Third Visit

## What Is Your Vision

Task Number	Objective	Deadline
1		
2		
3		
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10		

Review your plan and identify any missing elements.