GOAL SETTING



The first 30 days are the most important, this is the building phase, making a conscious effort to change bad habbits and create new good ones. Stay strong, take one day at a time, you can do this!



Next 30 Days	6 Months	Moving Forward
e.g. Look in the mirror every morning, remember why I'm doing this	e.g. Lose 2 stone (realistic to time)	e.g. Keep weight off through healthier eating and exercise