

My Goal:	<i>Look good for school reunion</i>
Specific:	<i>Fit into little black dress</i>
Measurable:	<i>Lose 5 Kilos</i>
Actionable:	<i>Exercise daily for 45 mins minimum</i>
Realistic:	<i>Use smaller plates for portion control.</i>
Time Bound:	<i>10 Weeks ...Date??</i>