GOAL CHECK IN

Today, as you finish week 4 of your lifestyle change, let's check in with your goals and revise, update and expand as needed.

Area	Progress to date on your initial long-term goals
Nutrition	
Physical Activity	
Behavior	

Your Goals for the next 30 Days

Area	SMART Goal	Progress Toward Achieving (scale 1-10)	Reaffirm or Revise
Nutrition			
Physical Activity			
Behavior			

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