## 21- Day Goal Plan



| Starting Date:  |
|---|
| <b>Describe Your Specific Goal - Be Specific:</b> (For example: Lose 5 lbs. in 21-days or lose 2 inches in 21-days)                                 |
| Why do you want to achieve this Goal: (For example: To fit into my size 7 jeans or to work toward lower my cholesterol)                             |
| 3 Steps to achieve your Goal – Be Specific: (For example: Exercise Mondays, Wednesdays, Fridays or I will follow the program for the WHOLE 21-Days) |
| 1.  |
| 2.  |
| 3.  |
| Deadline to Achieve:  |
| Reward (Pick an award for the end of the 21-days):  |
| Signature Witness*:   |

<sup>\*</sup>Share with someone else to be accountable- it helps! Be sure to view this AM and PM throughout the program.