

# GOAL ACTION *plan*

<p>GOAL</p>	<p>WHY</p>	<p>MOTIVATION</p>
<p>START DATE</p>	<p>DEADLINE</p>	<p>REWARD</p>
<p>OBSTACLES TO OVERCOME</p>	<p>RESOURCES</p>	
<p>STEPS (TODAY)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>STEPS (THIS WEEK)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>STEPS (THIS MONTH)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>