



6 Weeks to a Firmer, Flatter Tummy



Goal Tracker

Write down your goals using the form below. Share your goals with someone close to you and be sure to read and reflect on your goals often – even daily. The more you are able to focus, reflect and act on your goals, the closer you will move towards achieving them.

My Goal is....	
My reason for this goal	
Steps I'll take	
Potential Obstacles	
Solutions to Obstacles	
Who will help me	
When I'll start	
When I'll meet my goal	
How I'll reward myself for making progress toward my goal	

