

# Goal Planner

Date: 04/08/1798

Name: Santa Claus

1 <sup>st</sup> Milestone	2 <sup>nd</sup> Milestone	3 <sup>rd</sup> Milestone	4 <sup>th</sup> Milestone	5 <sup>th</sup> Milestone
<b>Date:</b> 01/10/1798	<b>Date:</b> 06/10/1798	<b>Date:</b> 14/11/1798	<b>Date:</b> 01/12/1798	<b>Date:</b> 25/12/1798
<b>Measurement</b>	<b>Measurement</b>	<b>Measurement</b>	<b>Measurement</b>	<b>Measurement</b>
Do at least 45 mins exercise every second day for the next 3 weeks	To lose 2 kg	Not to eat takeout for 2 weekends.	To have lost 8 kg	To have lost 10 kg
<b>Completed:</b> 29/09/1798	<b>Completed:</b> 04/10/1798	<b>Completed:</b> 14/11/1798	<b>Completed:</b> 02/12/1798	<b>Completed:</b> 24/12/1798
<b>Comments</b>	<b>Comments</b>	<b>Comments</b>	<b>Comments</b>	<b>Comments</b>
Always hard at first but was better in the third week.	Done it!	Easy.	Didn't quite make it, only 1 kg out though.	It was hard, but I done it!

Remember to keep your goal milestones realistic as this will enable you to achieve them more easily.



☒ **Phone:** 021 708 642  
☒ **Email:** desra@unwind.co.nz  
☒ **Web:** www.unwind.co.nz