My Little Black Dress Project Goals

Name:_____ Starting Date: _____

Describe your Goal (be S.M.A.R.T.):

_____
_____
_____
_____

WHY is it important for you to achieve this goal?

_____
_____
_____
_____

3 Steps YOU are going to take to achieve your goal:

_____
_____
_____
_____

How are you going to *feel* in 6 weeks when you have achieved your goal?

_____
_____
_____
_____

Signature:_____ Deadline to Achieve Date: _____

*****HOMEWORK:**

1. Email **camille@nutritionworksri.com** with your goals by **9/19/17**!

2. Write your goals down on an index card. Read them first thing in the morning and last thing before bed during EVERY day during this challenge. This will be KEY to your success.