



# MY HEALTH GOAL

<b>MY NAME IS:</b>	Melissa		
<b>MY HEALTH GOAL IS:</b>	Lose 15 pounds		
<b>WHEN I WILL REACH IT:</b>	December		
<b>HOW I WILL REACH IT:</b>	<ol style="list-style-type: none"><li>1. Eat more healthy food</li><li>2. Eat less junk food</li><li>3. Exercise more</li></ol>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
<b>WHAT I NEED TO REACH IT:</b>	<ol style="list-style-type: none"><li>1. More fruits and vegetables</li><li>2. Good shoes for walking and running</li></ol>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>
<b>HOW OFTEN WILL I WORK TOWARDS MY HEALTH GOAL:</b>	<ol style="list-style-type: none"><li>1. Eat healthy food everyday</li><li>2. Run 3 times a week</li></ol>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>



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<b>MY NAME IS:</b>			
<b>MY HEALTH GOAL IS:</b>			
<b>WHEN I WILL REACH IT:</b>			
<b>HOW I WILL REACH IT:</b>	1. 2. 3.	1. 2. 3.	1. 2. 3.
<b>WHAT I NEED TO REACH IT:</b>	1. 2. 3.	1. 2. 3.	1. 2. 3.
<b>HOW OFTEN WILL I WORK TOWARDS MY HEALTH GOAL:</b>	1. 2. 3.	1. 2. 3.	1. 2. 3.