

My Healthy Living Plan for 2015

1) Write your ideal vision for your health/fitness (10 min)

2) Set your goals for the next 14 days! (5 min)

3) List your key action steps for success! (10 min)

My 14-Day Healthy Living Plan (Jan 1 – Jan 14, 2015)

Thu	Fri	Sat	Sun	Mon	Tue	Wed
1	2	3	4	5	6	7
8	9	10	11	12	13	14