

MY GOAL April, 2006

month year

My Goal of This Month is to Tune Up My Exercise Routines to Maximize My Health & Fitness Results and to Encourage Others to Work on Their Health & Fitness Goals

Your Name: Eriko Your Accountable Person's Name: Yugi (my dog :-)

3 Action Points to Accomplish This Goal:

Action 1: Work on core muscles and upper body to strengthen the body.

Routine 1A: Work on the abs and low back everyday.

Routine 1B: Take Yoga classes to lengthen the muscles.

Routine 1C: Do push ups everyday.

Action 2: Eat healthier.

Routine 2A: Prepare enough healthy food in the fridge for a whole week.

Routine 2B: Take multi-vitamins everyday.

Routine 2C: Cook/prepare my own food or select healthier dishes when dining out.

Action 3: Encourage others to work on their health & fitness goals.

Routine 3A: Send a Health & Fitness Newsletter every month (if possible) to people.

Routine 3B: Make an attractive Web site to motivate people.

Routine 3C: Talk to people and enjoy their friendships.

Daily Routines: (check off each action point that you accomplished each day)

Day:	Action 1	Action 2	Action 3	Day:	Action 1	Action 2	Action 3
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1st Eval	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Try Harder	4th Eval	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Try Harder
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2nd Eval	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Try Harder	5th Eval	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Try Harder
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3rd Eval	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Try Harder	31	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				6th Eval	<input type="checkbox"/> Excellent	<input type="checkbox"/> Good	<input type="checkbox"/> Try Harder

Self-Evaluation of This Month: Excellent Good Try Harder Next Month