



GOALS #StrongerTogether90 Day Challenge

	My Goal to Achieve By 12/31/2020	Daily Action Steps
Body/ Physical	1. 2. 3.	1. Move Your Body 2. Stretch Your Body 3. 4. 5.
Nutrition/ Hydration	1. 2. 3.	1. Drink 80-100oz water 2. Add in 3 veggies 3. 4. 5.
Mind/ Spirit	1. 2. 3.	1. Wake up 15 minutes earlier 2. Gratitude List 3. Read a New Book(Get Out Of Your Head) 4. 5.

Accountability Partner:

SMART Goals

Specific, Measurable, Attainable, Relevant, Timely

“So let us not get tired of doing good, for at just the right time we will reap a harvest of blessing if we don’t give up.” Galatians 6:9