



★ Summer 2019 Goals! ★

	Goals to reach by 8/1/2019!	Daily Action Steps
Physical	1. 2. 3.	1. 2. 3. 4. 5.
Nutrition	1. 2. 3.	1. 2. 3. 4. 5.
Spirit	1. 2. 3.	1. 2. 3. 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