HUMBLEFAITHFAMILYWELLNESS.COM

2018

MID-YEAR CHECKUP

ORIGINAL GOAL

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PROGRESS

MOTIVATION

CONSISTENCY

ACCOUNTABILITY

REWARDS

WHY DID YOU CHOOSE YOUR ORIGINAL GOAL?

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IS IT STILL THE GOAL YOU WANT FOR 2018? YES NO

EXPECTATIONS (CONTINUED OR REVISED)

WHAT?

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HOW?

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WHEN?

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RESOURCES

WHAT RESOURCES ARE YOU/ COULD YOU UTILIZE?

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REWARDS

WHAT REWARDS DO YOU HAVE IN PLACE?

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