Fill out these three Goal Cards and carry  
them with you.   
  
Research show that people who HAVE WRITTEN GOALS and CARRY THEIR GOALS and LOOK AT THEIR GOALS REGULARLY are more successful   
in achieving their dreams.  
  
Fill out, cut out, carry and look at the following GOAL CARDS daily and watch the

changes begin to happen!

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| I will reach my goal weight of   \_\_\_\_\_\_\_\_\_\_\_ pounds by   March 30, 2014.  My goal weight is 1 to 10 pounds less than my weigh-in weight. | |  |  |  | | --- | --- | --- | | WEEK | DATE 2014 | WEIGHT | | 1 |  |  | | 2 |  |  | | 3 |  |  | | 4 |  |  | | 5 |  |  | | 6 |  |  | | 7 |  |  | | 8 |  |  | | 9 |  |  | | 10 |  |  | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | My motivation for losing   weight is… \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. | E | |  |  | | E | |  |  | | What helps me not overeat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  What do I overeat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Why do I overeat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  When do I overeat? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Start http://www.fairtrasa.com/wp-content/uploads/2012/08/shutterstock_99478112.jpg [http://img0002.popscreencdn.com/101936714_new-converse-all-star-chuck-taylor-canvas-green-ox-1j792.jpg](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=syoqVV1YwToEHM&tbnid=HTZxLjpgL0R4PM:&ved=0CAUQjRw&url=http://www.popscreen.com/p/MTI5ODc2MDY3/Womens-Converse-All-Star-Chuck-Taylor-Canvas-Hi-Top-Shoes-Purple-Gray-&ei=HtCPUdDIIYWm9ASx-IDoCQ&bvm=bv.46340616,d.dmg&psig=AFQjCNHwcfNslke8HJmip2QIbOpxIe3cvA&ust=1368465798264481) http://ec.l.thumbs.canstockphoto.com/canstock10677338.jpg  What are 1 - 3 ideas I can focus on to cut and/or burn an extra 500 calories a day to lose 3,500 calories (1 pound) a week?  1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Losing weight is as simple as…  Step 1:Start.  Step 2:Eat a little less. Step 3:Do a little more. Step 4: Have a little fun.  Step 5: Progress not perfection.  Step 6: Never, never, never give up.  Bonus Step: Help someone with their steps. |