



PERSONAL VFIT GOAL FOR THE YEAR

MY PERSONAL VFIT GOAL FOR CHECK INS THIS YEAR IS _____

I PLAN TO HIT THIS GOAL BY DOING THE FOLLOWING 5 ACTIONS:

1	
2	
3	
4	
5	

Monthly Check In Total

January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	