

HEADS UP GUYS

| YOUR GOALS | ACTION STEPS | TARGET DATE(S) | REFLECTION |
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| EG. GET MORE ACTIVE | GO FOR A 30 MINUTE WALK MON, WED, FRI | M√W√F√ | FEELING AND SLEEPING BETTER. KEEP THIS UP. |
| MEET FRIENDS | GRAB A COFFEE WITH A FRIEND ON SAT AT 11AM | SAT SUN√ | LESS STRESS AFTER MEETING. NEXT WEEK, MOVIE. |