

# My Monthly Goals

# Mind Body Reset Gym



**Specific Monthly Goals**

- 1.
- 2.
- 3.

On a scale of 1-10, how much do you BELIEVE you can reach your vision? \_\_\_\_

On a scale of 1-10, how MOTIVATED are you to reach your vision? \_\_\_\_

**Where am I in the Change Process?**  
(Check all that apply)

Contemplate  
 Prepare  
 Action  
 Maintenance

**What am I doing for Self Care?**

- 1.
- 2.
- 3.

**Week 1**

- 1.
- 2.
- 3.

**Week 2**

- 1.
- 2.
- 3.

**Week 3**

- 1.
- 2.
- 3.

**Week 4**

- 1.
- 2.
- 3.