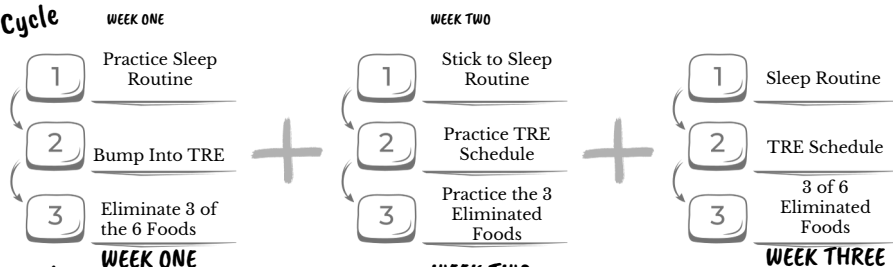
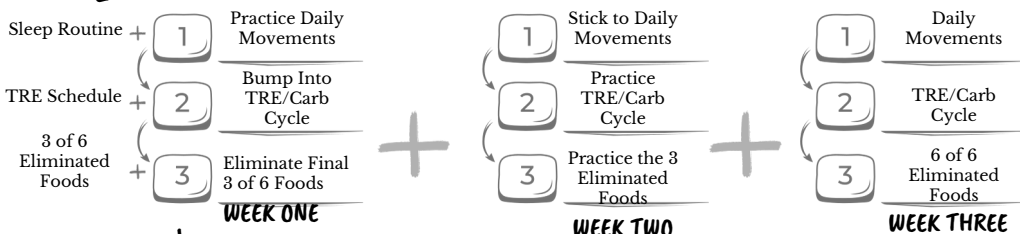


Mini Step Goals to Reach Fit/Healthy Goals

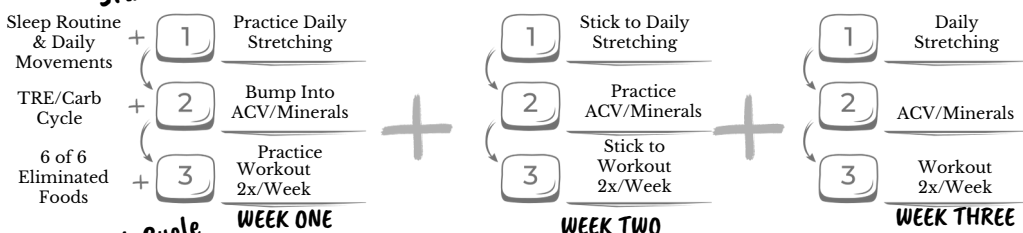
1st Cycle



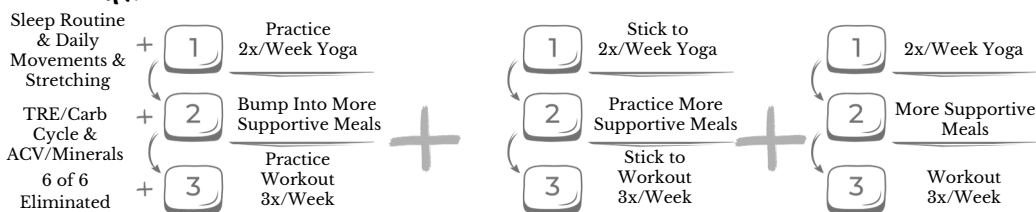
2nd Cycle



3rd Cycle



4th Cycle



FOR AS MANY [3 MONTH] CYCLES
AS NECESSARY TO PLAN
OUT/FORWARD TO REACH:

Ultimate Goal of
Fit & Healthy

