LEVEL UP
Sponsored by GWD

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Physical Target Setting
Eating and Nutrition - Adding to My Diet - Level 3

Level 3 - I have added to my diet _____, _____, _____ by _____

The benefit to me and others for adding to my diet _____, _____, _____ is:

_____

_____

_____

_____

_____

The cost to me and others for not adding to my diet _____, _____, _____ is:

_____

_____

_____

_____

_____

The price I am willing to pay to add to my diet _____, _____, _____ is:

_____

_____

_____

_____

_____

To add to my diet _____, _____, _____, I am willing to change, give-up or add to my life:

_____

_____

_____

_____

_____