



Physical Target Setting  
Ideal Weight - Level 1

Level 1 - I am \_\_\_\_\_ lbs. by \_\_\_\_\_

The benefit to me and others for achieving this weight target is:

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The cost to me and others for not achieving this weight target is:

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The price I am willing to pay to achieving this weight target is:

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To achieve this weight target, I am willing to change, give-up or add to my life:

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