



Physical Target Setting Weight, Eating, Activity, Rest

My ideal weight:

Level 1 - _____ lbs by _____

Level 2 - _____ lbs by _____

Level 3 - _____ lbs by _____

My activity level:

Level 1 _____ minutes/day by _____

Level 2 _____ minutes/day by _____

Level 3 _____ minutes/day by _____

Eating and nutrition:

Level 1 - I have eliminated from my diet _____, _____, _____ by _____

Level 2 - I have eliminated from my diet _____, _____, _____ by _____

Level 3 - I have eliminated from my diet _____, _____, _____ by _____

Eating and nutrition:

Level 1 - I added to my diet _____, _____, _____ by _____

Level 2 - I added to my diet _____, _____, _____ by _____

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

Sleep, meditation and fasting

I get _____ hours of sleep per night by _____

I meditate _____ minutes per _____ by _____

I fast _____ times per _____ by _____