

My Personal Plan

Section 1 - My Motivators

Section 2 – My Lamé Excuses

Section 3 – I Can Resist Temptation

Section 4 – My Ideal Weight

Section 5 – I Am A ... (circle one or more)



gorilla



koala



deer



lion



rabbit

Section 6 - My Eating Strategies

Section 7 - My Exercise Program

Section 8 - My Personal Tips