

My Dream Weight

by Stacia Pierce



My Health Profile

Use this form to track your fitness goals.

Name: _____

My current weight is: _____

Some of the areas in which I am unsatisfied with my health or body are:

My daily exercise routine consists of: _____

My top five image goals are:

1. _____
2. _____
3. _____
4. _____
5. _____

Five action steps I can take in the next thirty days to move toward my image goals are:

1. _____
2. _____
3. _____
4. _____
5. _____