

man on top

lose fat, get fit, and control your weight for life

Goal Chart

Primary Goals should be specific, achievable, and have a time element or deadline.

Primary Goals

Supporting Goals are specific actions that that help to achieve the primary goals, are focused on the present or immediate future. Supporting Goals are typically cumulative, and tend to become habits.

Supporting Goals for Week One
Supporting Goals for Week Two
Supporting Goals for Week Three
Supporting Goals for Week Four
Supporting Goals for Week Five

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Supporting Goals are specific actions that that help to achieve the primary goals, are focused on the present or immediate future. Supporting Goals are typically be cumulative, and tend to become habits.

Supporting Goals for Week Six
Supporting Goals for Week Seven
Supporting Goals for Week Eight
Supporting Goals for Week Nine
Supporting Goals for Week Ten
Supporting Goals for Week Eleven
Supporting Goals for Week Twelve