Resolve to Evolve Health

Examples include completing a 5k, doing 10 full pushups

Goal 1:
By When:
Action Item:
Action Item:
Action tem.
Action Item:
6 Month Review:
Goal 2:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:
Goal 3:
By When:
Action Item:
Action tem.
Action Item:
Action Item:
O Marth Bariana
6 Month Review: www.meganmeisnerfitness.com

Resolve to Evolve Career

Examples include getting a promotion, launching a blog/web site

Goal 1:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:
Goal 2:
By When:
Action Item:
Action Item:
Action Item:
Action term.
6 Month Review:
Goal 3:
By When:
Action Itom:
Action Item:
Action Item:
Action Item:
6 Month Review: www.meganmeisnerfitness.com

Resolve to Evolve

Relationships
Examples include meeting new people, staying in touch with family

Cool 4:	
Goal 1:	
By When:	_
Action Item:	
Action Item:	
Action Item:	
6 Month Review:	
Goal 2:	_
By When:	
Action Item:	-
Action Item:	
Action Item:	
6 Month Review:	
Goal 3:	
GOAL 3.	
By When:	
Action Item:	
Action Item:	
Action Item:	
6 Month Review:	

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Resolve to Evolve Financial

Examples include saving for a vacation, paying off debt

Cool 4:	
Goal 1:	
By When:	_
Action Item:	
Action Item:	
Action Item:	
6 Month Review:	
Goal 2:	_
By When:	
Action Item:	-
Action Item:	
Action Item:	
6 Month Review:	
Goal 3:	
GOAL 3.	
By When:	
Action Item:	
Action Item:	
Action Item:	
6 Month Review:	

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Resolve to Evolve Spiritual and Learning Examples include prayer, meditation, journaling, reading

Coal 1:
Goal 1:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:
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Goal 2:
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Action Item:
Action Item:
Action Item:
Action item.
6 Month Review:
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Goal 3:
By When:
Action Item:
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Action Item:
6 Month Review: www.meganmeisnerfitness.com