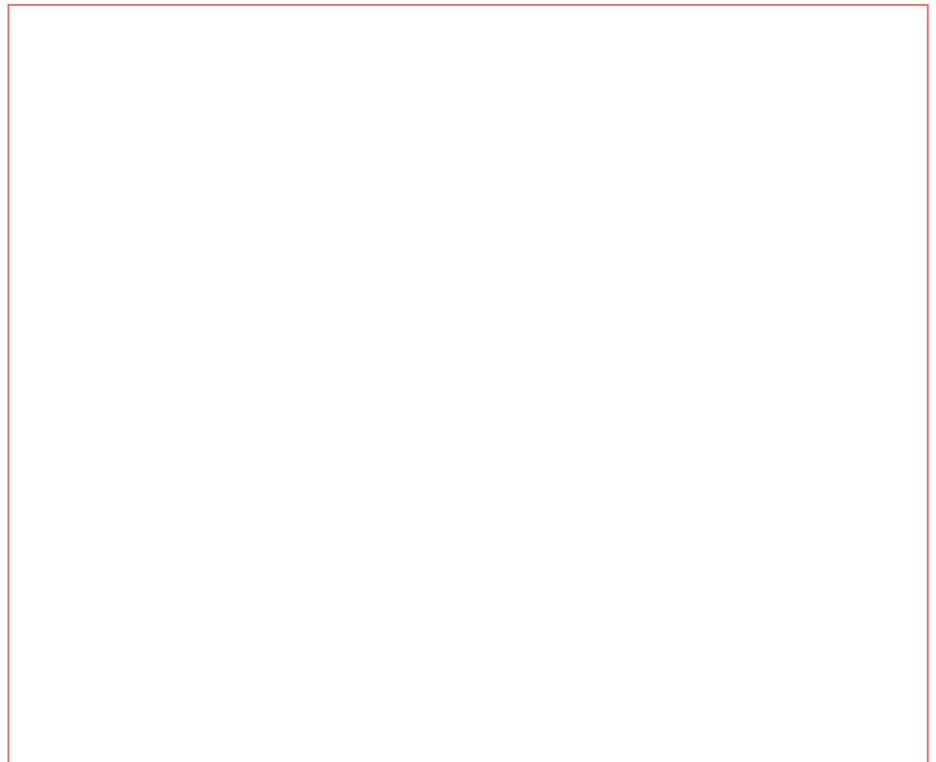


# GOALS

## WHAT IS YOUR GOAL?

**List your goals here:** Remember, this challenge is all about consistent behavior with mindset and new nutrition habits. Think of areas you want to improve on such as mood, focus, consistency, positive attitude, etc.



**SHARE YOUR GOALS OR WHY  
YOUR DOING THIS CHALLENGE  
WITH US IN THE FACEBOOK  
GROUP!**

<https://www.facebook.com/groups/7pointkickstartchallenge>