

# Walk of Life Goals

Date:

I Will:
Milestones: 1 month: _____ by date _____  ____ months: _____ by date _____  ____ months: _____ by date _____  Goal to be achieved on: _____
How I will track my progress: <small>(suggestions: food and walking diary, JustWalk tracker, posting to Forum each week)</small>
How I will celebrate:
Signed: