

My Fitness & Health Goals			Wellbeing Rating	
	Goals	Timeframe	At Start	At Finish
	<i>e.g. Drink 2 litres of water a day...</i>	<i>2 months</i>	<i>4</i>	<i>9</i>
	<i>e.g. I will go kick boxing...</i>	<i>every week</i>	<i>2</i>	<i>6</i>
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Wellbeing Rating (1-10 where 10=excellent)

The wellbeing rating is a snapshot of how happy or fulfilled you are right now.

Notes...

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