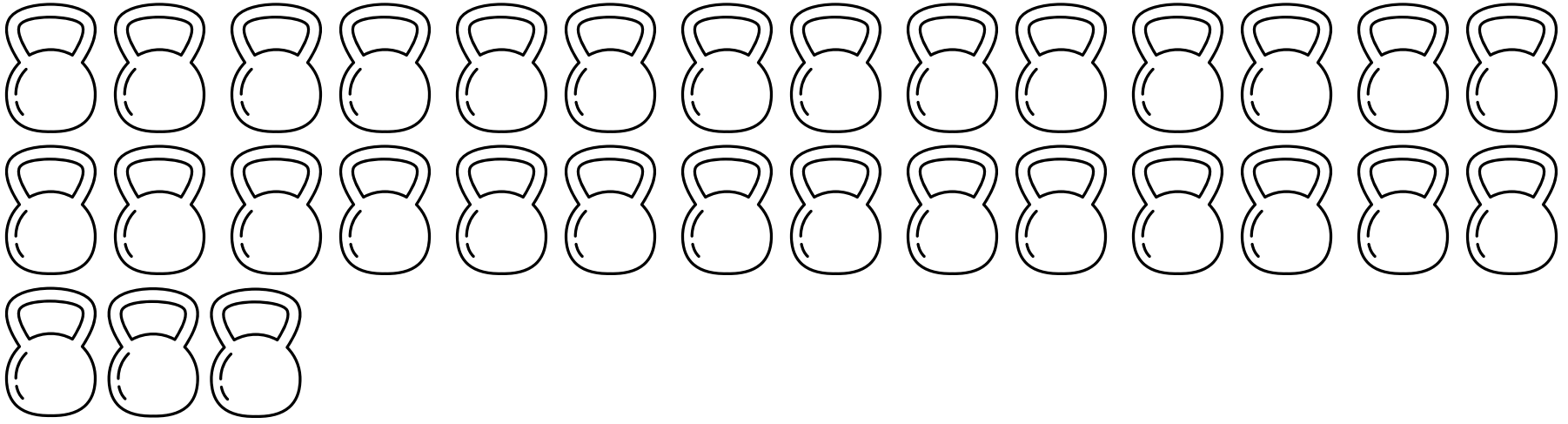
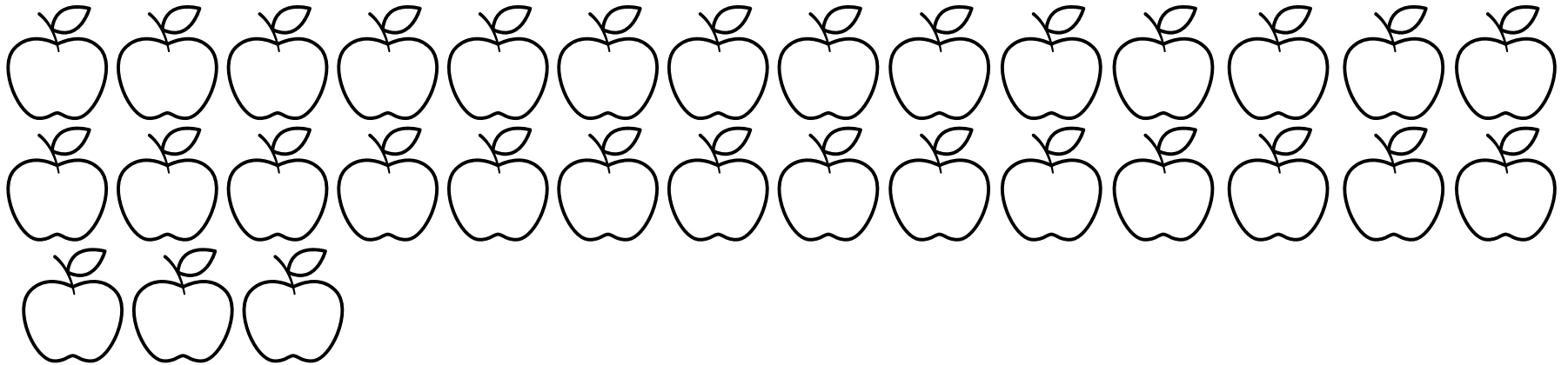


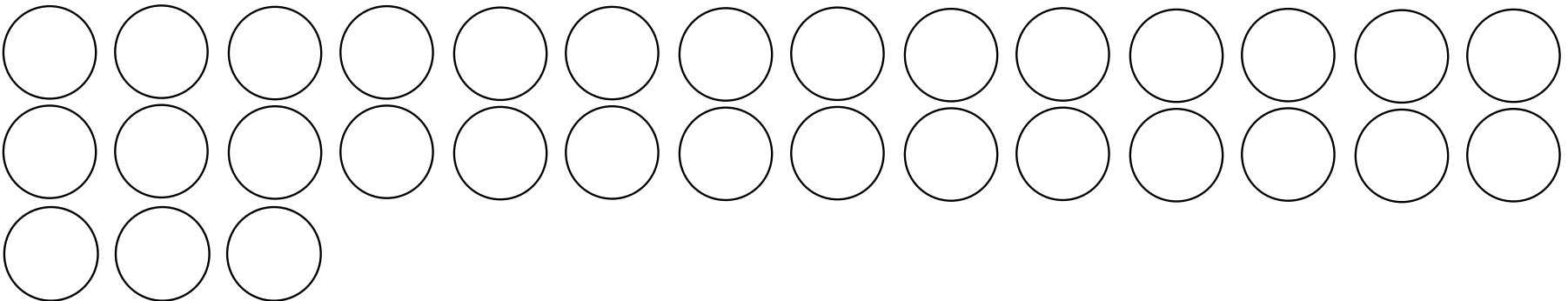
Movement Goal: _____



Nutrition Goal: _____



Personal Goal: _____



Be intentional

