

HEALTH JOURNEY MILESTONES

Name: _____

Start Date: _____

DONE	MILESTONE GOAL	TARGET DATE	DATE ACHIEVED
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Consistent Hydration (8 cups/day)

First Week of Regular Exercise

Improved Sleep Pattern (7-8 hours)

Nutritional Goal:

Physical Goal:

Mental Wellness:

Mid-Point Progress Review

Major Milestone:

Reflection & Rewards

"Small steps lead to big changes."