



# The Path to Perfect Health 4 Life

## Worksheet

Date \_\_\_\_\_

Week # \_\_\_\_ Theme \_\_\_\_\_

Points of Interest

#1 \_\_\_\_\_ #2 \_\_\_\_\_

#3 \_\_\_\_\_ #4 \_\_\_\_\_

My favorite Points

#1 \_\_\_\_\_

My Goal \_\_\_\_\_

#2 \_\_\_\_\_

My Goal \_\_\_\_\_

#3 \_\_\_\_\_

My Goal \_\_\_\_\_

#4 \_\_\_\_\_

My Goal \_\_\_\_\_

What I want to buy

\_\_\_\_\_