## Employee Wellness Solutions Network Fit & Lean in 2014

8.2: Goal Setting Worksheet

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

In order to achieve this goal, I will complete the following mini-goals this week:

GOAL	TIMELINE/ DUE DATE	REWARD	COMPLETE
e.g.: Drink 8 glasses of water/day for one week	Jan.8/14	New sports water bottle	

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