

## Your Goals for the Months Ahead

### Activity Goal

In the next six months, I will be active at a moderate pace or more for about 30 minutes per day, 5 days, or 150 minutes per week.

### Weight Goal

I weigh _____ kilograms.	
<b>By the end of the first year in the program, I will:</b>	
<input type="checkbox"/> Lose weight	I will reach _____ kilograms.
<input type="checkbox"/> Maintain my weight	I will stay at _____ kilograms.