

2017 Goal Setting

THE PCOS PUSH

**The Printable Action Guide
to Help You Actually Achieve Your
PCOS Health Goals this Year!**

{+ The Secret Sauce to NEVER Fail Again}

My 2017 Goals

Choose your top 10 goals you would like to achieve this year. Write them in the present tense like you have already achieved them.

- 1.
- 2.
- 3.
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- 8.
- 9.
- 10.

My PUSH GOALS

Choose your top 3 goals that if you would achieve these first the rest of your goals would be a lot easier to achieve. These are your PUSH goals. Choose one PUSH goal in the following 3 categories which are the most important to beat PCOS this year: Food, Fitness, Healthy Life!

My Food Goal is:

My Fitness Goal is:

My Healthy Life Goal is:

Brainstorm Session

For My Food goal: _____

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Brainstorm Session

For My Fitness goal: _____

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Brainstorm Session

For My Healthy Life goal: _____

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My PCOS PUSH PLAN

Sunday	1. 2. 3.
Monday	1. 2. 3.
Tuesday	1. 2. 3.
Wednesday	1. 2. 3.
Thursday	1. 2. 3.
Friday	1. 2. 3.
Saturday	1. 2. 3.