

Start Date: \_\_\_\_\_

## PERSONAL GOAL SHEET

End Date: \_\_\_\_\_

**My Plan and Goals:** \_\_\_\_\_

### Daily Food Targets

Calories:	Fiber (grams):
Carbohydrates (grams):	#Vegetable Servings:
Fat (grams):	#Fruit Servings:
Saturated Fat (grams):	#Dairy/ Non-Dairy Servings:
Protein (grams):	Other:

### Physical Activity Targets

Daily Activities	Qty./Time

### Supplements at [www.supplementresource.com](http://www.supplementresource.com)

- Phytomulti w iron**   
  **Phytomulti w/o iron**   
  **CoQ 10**   
  **Vitamin D 1000**  
 **Omega 10**   
  **UltraFlora Balance**   
  **Other** \_\_\_\_\_

### Weekly Weigh-ins

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
<b>Weight</b>												
<b>Body Fat</b>												

### Statistics

BEFORE	3 weeks	6 weeks	9 weeks	12 weeks
<b>Blood Work</b> Cholesterol Total: LDL Cholesterol: Glucose: A1C:	n/a	n/a	n/a	<b>Blood Work</b> Cholesterol Total: LDL Cholesterol: Glucose: A1C:
<b>Extra Tests</b> Micronutrient:  Metabolism:	n/a	n/a	n/a	<b>Extra Tests</b> Micronutrient:  Metabolism: