



Your 10-week Program Tracker

Setting goals provides focus and direction.

By documenting your progress, you can stay motivated and celebrate the achievements you'll make along your journey.

What is your **Live Life Well** 10-week program goal?

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Why is achieving your goal important to you?

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How will you feel when you achieve your goal?

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Now you know what you want to achieve, let's make sure you can do it!

What do you need to achieve your goal?

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What could stop you from achieving your goal?

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What are you going to do to make sure this doesn't stop you from achieving your goal?

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My milestones

Set your mini-milestones to keep you on track and check them off once you have achieved them.

Milestone

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I achieved it.

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Live Life Well 10-week Program Progress Tracker

This is the start of your Live Life Well 10-week program. Have you set your 10-week program goals?

By week 5, I want to achieve:

Week 1 - My goals are:

Week 2 - My goals are:

Week 3 - My goals are:

Week 4 - My goals are:

Week 5 - My goals are:

It's week 5 and you are halfway through the 10-week program. What have you achieved over the past 5 weeks?

By week 10, I will achieve:

Week 6 - My goals are:

Week 7 - My goals are:

Week 8 - My goals are:

Week 9 - My goals are:

Week 10 - My goals are:

You have completed the 10 week **Live Life Well** program. Congratulations.

What have you achieved over the past 10 weeks?
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How have you achieved it?
How do you feel now?



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