

# 2016 RESOLUTIONS



## HEALTH & FITNESS

Workouts per week: \_\_\_\_\_

Length of workouts: \_\_\_\_\_

Eat more: \_\_\_\_\_

Eat less: \_\_\_\_\_

Sleep for: \_\_\_\_\_

Other: \_\_\_\_\_

## SOCIAL

Time with family: \_\_\_\_\_

Time with friends: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

## FINANCE

\$ to save: \_\_\_\_\_

\$ to spend: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

Other: \_\_\_\_\_

## FUN

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## PERSONAL

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## OTHER

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

