

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. _____

