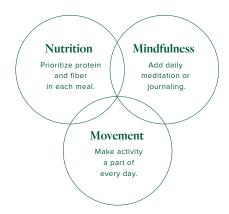
MindBody GLP-1 System™ Success Tracker

Start with writing down your goals. I will take MB Core {when}. I will take MB Enhance (how & when). _____ I will track my intake {how}. _____ I will achieve this by {how}. Taking the MB GLP-1 System is important to me {because}. I will maintain this routine (how long). _____

BUILD A MIND + BODY CONNECTION FOR SUCCESS



Small Actions = Big Results.

NUTRITION GOAL

I will ______ {when} I will track this by {how}_____ I will achieve this by {how} _____ I will maintain this routine by {how long} _____ is important to me because {why} ____

MINDFULNESS GOAL

I will track this by {how}_____ I will achieve this by {how} _____ I will maintain this routine by {how long} _____ is important to me because {why} _____

MOVEMENT GOAL

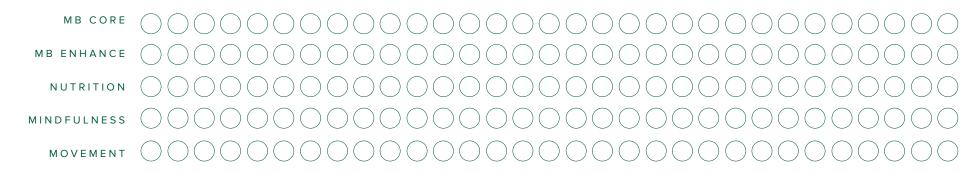
I will _____ {when} I will track this by {how}_____ I will achieve this by {how} _____ I will maintain this routine by {how long} _____ is important to me because {why} _____



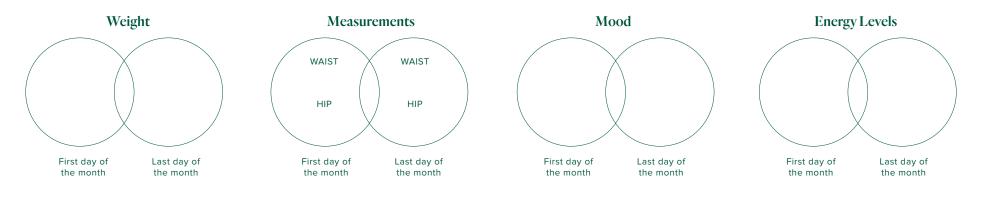
Set smart goals monthly.

MONTH

MARK EACH DAY YOU MEET YOUR GOAL



RECORD RESULTS MONTHLY



END OF MONTH REFLECTION

Ask yourself: Considering my challenges and motivations, what do I need to adjust next month? How will I celebrate my successes?



Track your smart goals monthly.

MONTH