

# My Weekly Wellness Goals

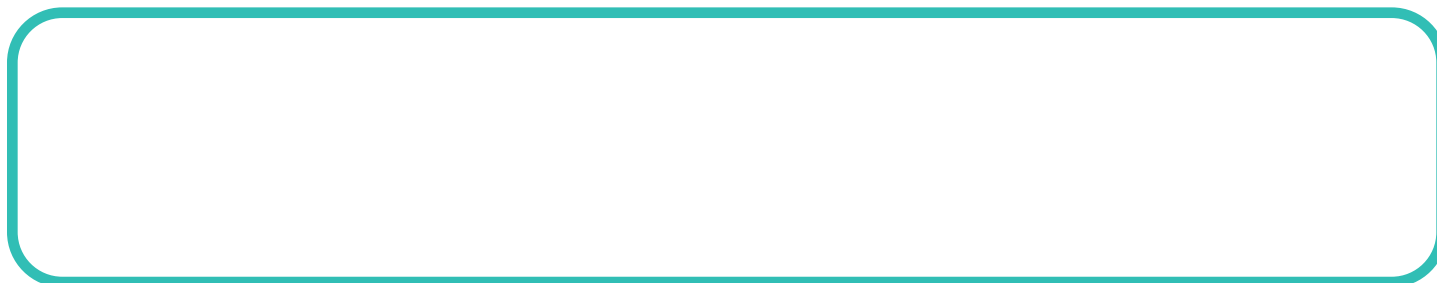
**My goal:**



**Steps to take:**



**My wins this week:**



**How I will celebrate my wins:**

