



**2020**

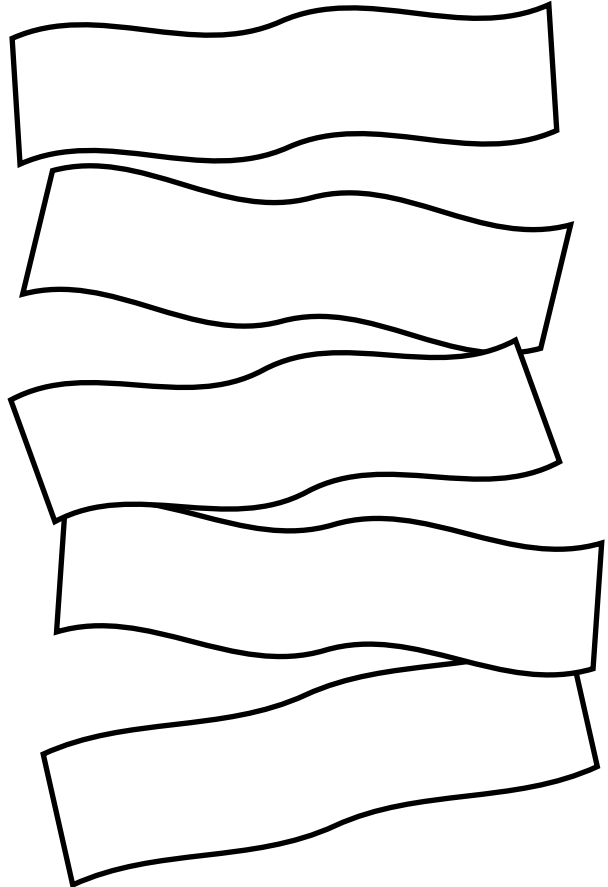
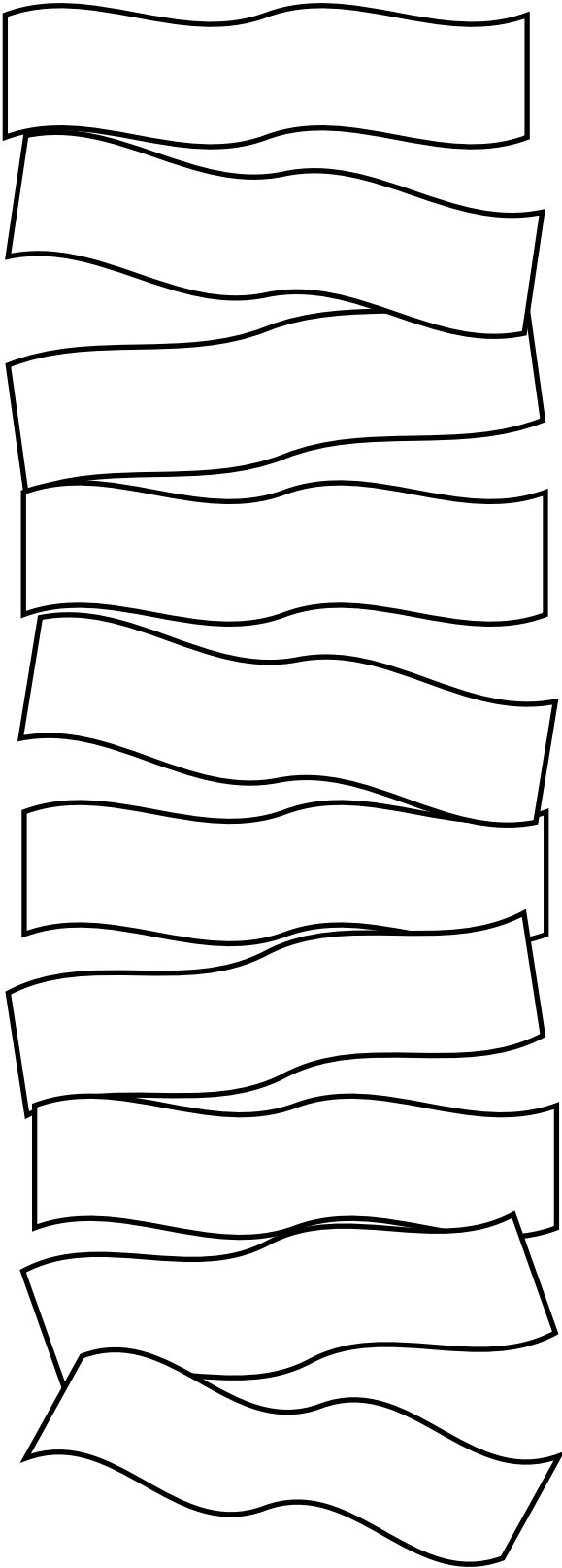
*The Plan*





# Goals

For 2020



- It always  
seems impossible,  
until it's done -

*Word of the Year*

# Quarterly Plan

Q1 Jan - Mar

*Focus*

*I will learn*

Q2 Apr - Jun

*Focus*

*I will learn*

Q3 Jul - Sept

*Focus*

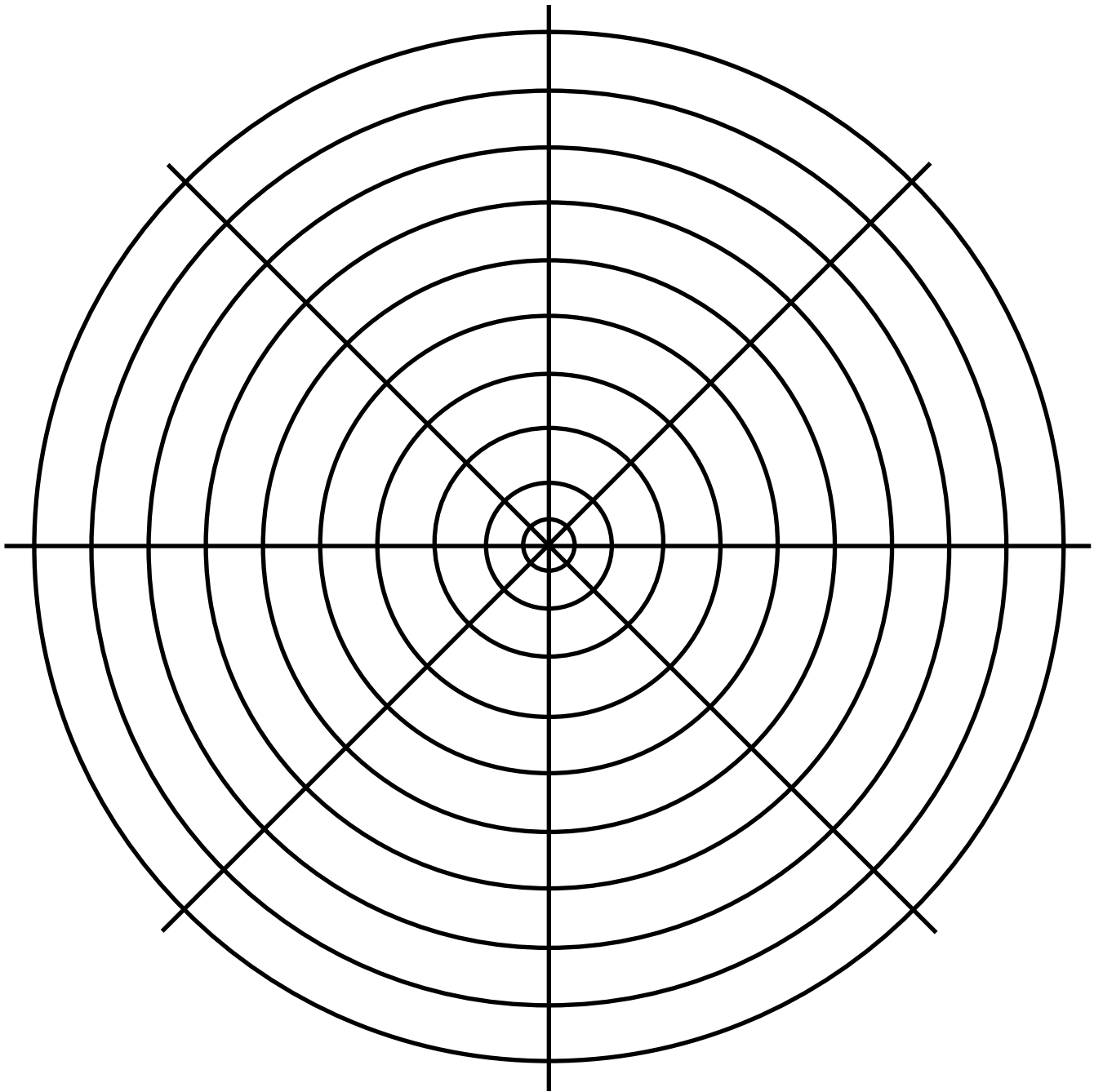
*I will learn*

Q4 Oct - Dec

*Focus*

*I will learn*

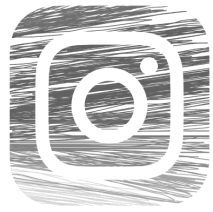
*Level 10 Life*





# Social media weekly content

week:



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Blog





# Meal Planner

	Breakfast	Snack	Lunch	Snack	Dinner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



# Blog Post Ideas

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# Fitness

## My Fitness Goals



- The best project

you can

work on is

**YOU -**

# Fitness Tracker

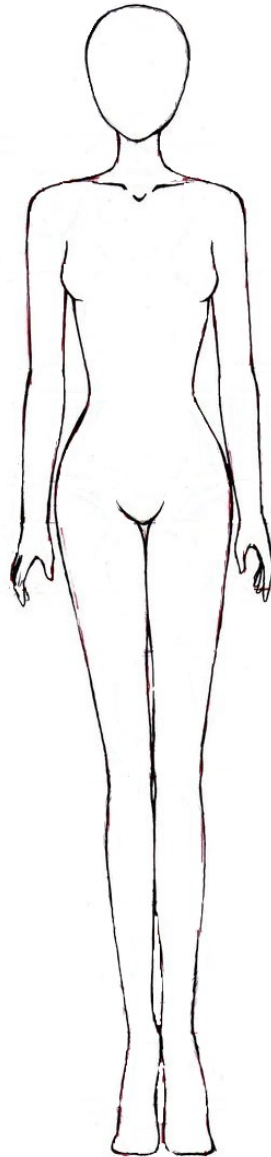
- Before -  
(add your photo here)

- After -  
(add your photo here)

	Dates	
Stats		
	Weight	
	BMI	
	% Fat	
Measurements		
	Neck	
	Chest	
	Bicep	
	Waist	
	Hips	
	Thighs	
	Calf	

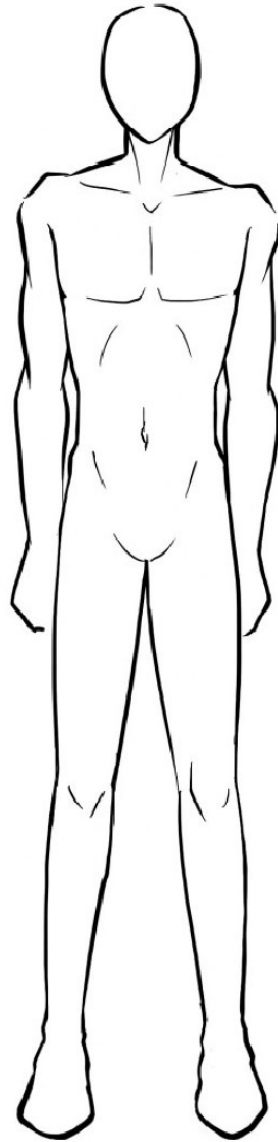
# Customer Avatar

Product:

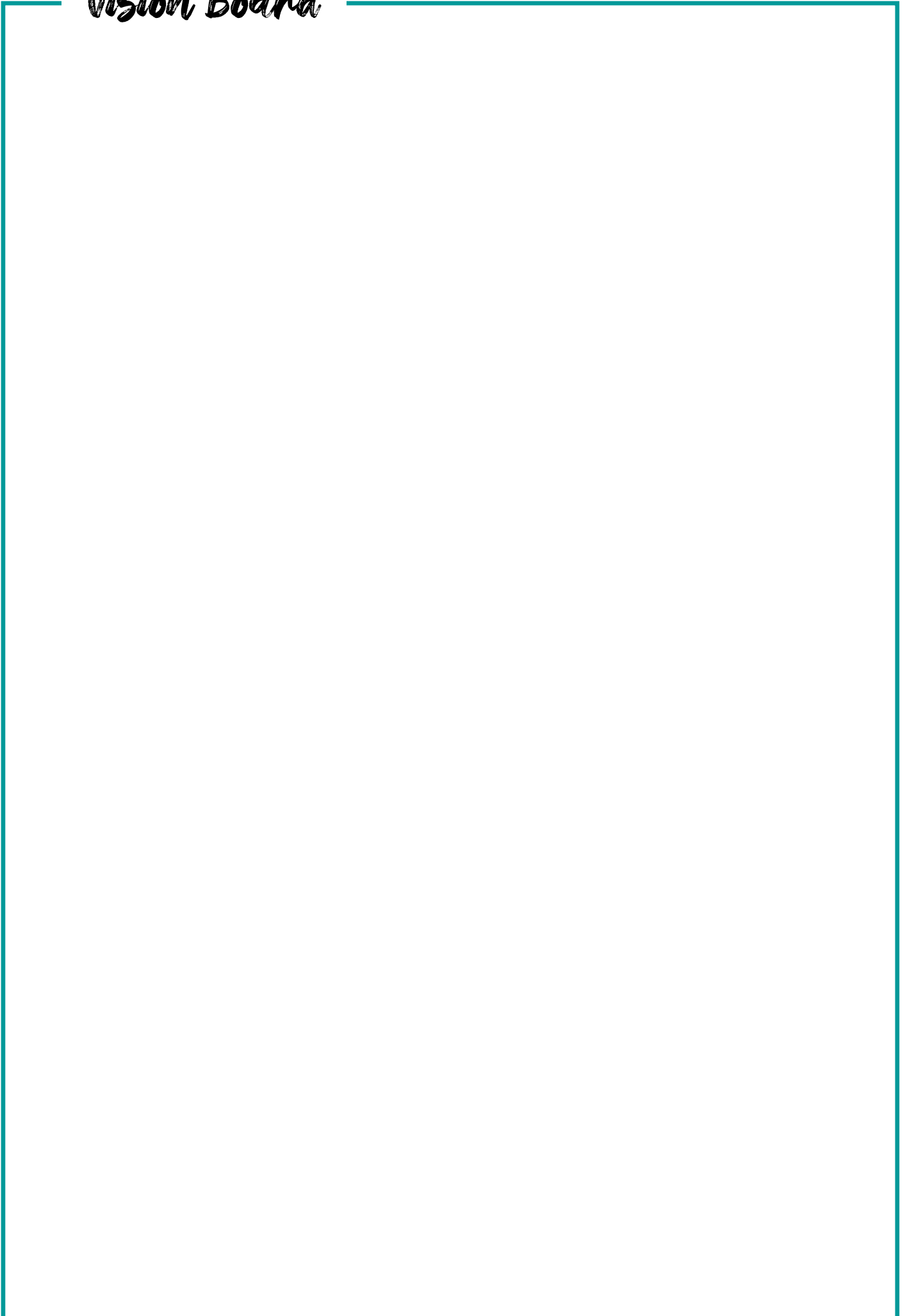


# Customer Avatar

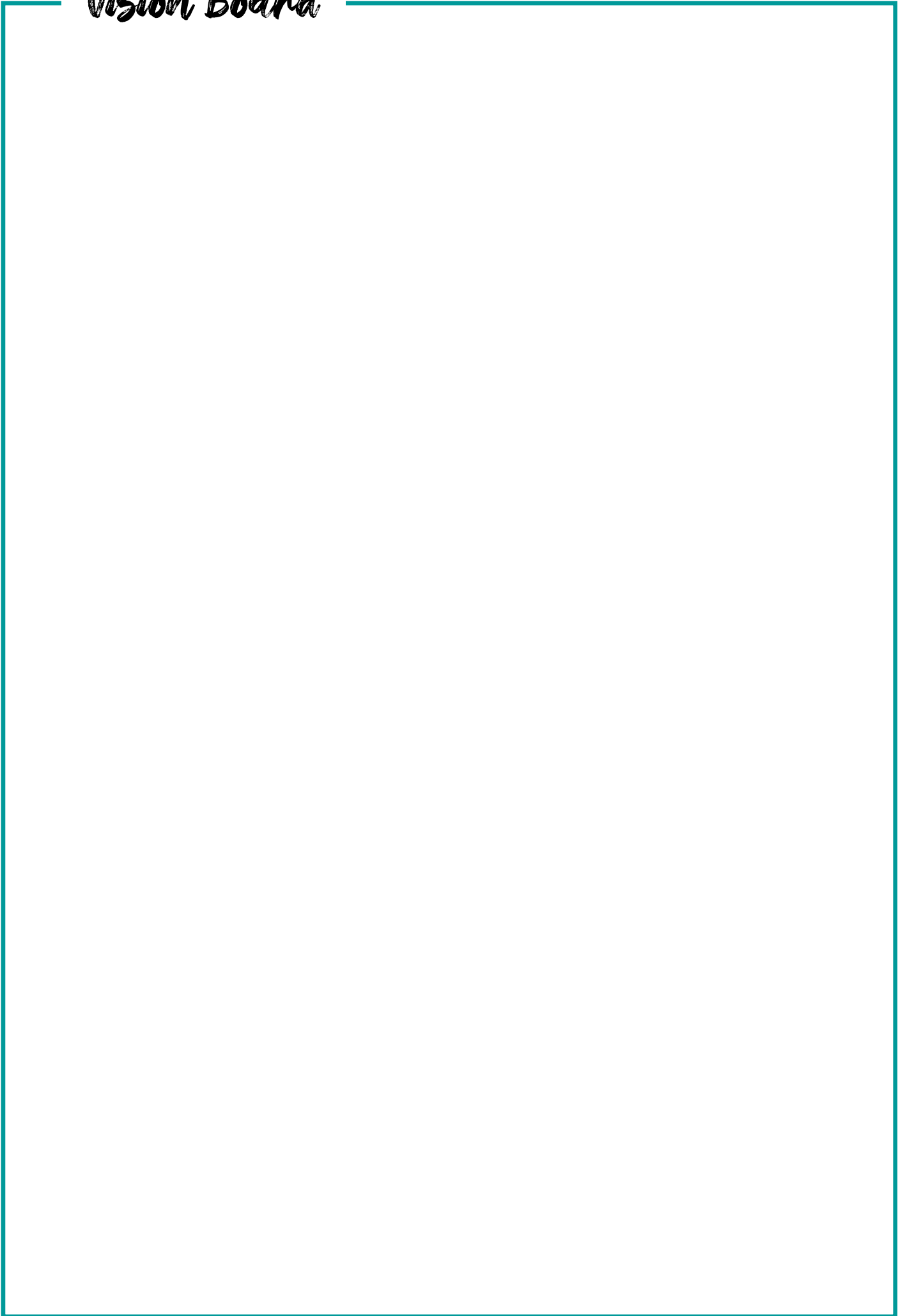
Product:



# *Vision Board*



# *Vision Board*





# Projects and Plans

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