Healthy Rotarian

Redondo Beach Rotary Club

Challenge Group

To best support each other let's each plan to share:

1. ***Your goal. Be specific: ie I want to lose 10 lbs; I want to exercise 3 days per week; I want to learn to cook/eat healthy meals; I want to reduce stress; I want to reduce my BMI 10%.***
2. ***Your plan to achieve your goal: Be specific. Diet plan, Exercise plan, Yoga, etc.10,000 steps per day...***

NAME: _____

GOAL: _____

PLAN: _____