

Goals Contract

**Incentive:**  
(e.g. To be able to play with my children)

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**Short Term Goals:**

1. 

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2. 

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3. 

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**Tips to Achieve Goals:**

1. 

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2. 

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3. 

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4. 

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**Congratulations on starting your Diet by Andrea program. I am looking forward to helping you along the way!**

*-Andrea*