

FIT

How fit am I?

Resource 3: Spiritual Health Plan

The area of fitness that I would like to focus on is:.....

My S.M.A.R.T. (Specific, Measurable, Achievable, Realistic and Timed) goals are:

- 1).....
- 2).....
- 3).....

In following this Health Plan I will be accountable to:.....

I,, hereby commit to following this Spiritual Health Plan, and to achieving my S.M.A.R.T. goals.

Signed.....

Date.....

Countersigned by:.....

Name.....

