

# Action Plan

Nurture body and soul

	TASKS	CHALLENGES/ SOLUTIONS	OUTCOME
GOAL	_____	_____	_____
Date	_____	_____	_____
	_____	_____	_____

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	TASKS	CHALLENGES/ SOLUTIONS	OUTCOME
SUBGOAL 1	_____	_____	_____
Date	_____	_____	_____
Responsible	_____	_____	_____

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	TASKS	CHALLENGES/ SOLUTIONS	OUTCOME
SUBGOAL 2	_____	_____	_____
Date	_____	_____	_____
Responsible	_____	_____	_____

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	TASKS	CHALLENGES/ SOLUTIONS	OUTCOME
SUBGOAL 3	_____	_____	_____
Date	_____	_____	_____
Responsible	_____	_____	_____

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	TASKS	CHALLENGES/ SOLUTIONS	OUTCOME
SUBGOAL 4	_____	_____	_____
Date	_____	_____	_____
Responsible	_____	_____	_____