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Step 1: Establish a goal and	Step 2: Months 1-3.	Step 3: Can you	Step 4: Final step. Can you
why. Exercise 3 days a week for	What can you	double down on your	commit to your established
at least 30 minutes because it	reasonably do for	commitment for the	goal for the next 3 months?
will impact my short-term and	the next 3 months?	next 3 months?	
long-term health for the better.			Can you sustain this change?
Giving me more strength,	Example: Commit 1	Example: Commit 2	
endurance and independence.	day a week to 30	days a week to 30	If you can't, then back off to
	minutes of exercise.	minutes of exercise.	your step 3 commitment.
Where are you currently at?	/ "		
Reflect on the past 3 months.			Example: Commit 3 days a
	// -		week to 30 minutes of
Example: 0 times a week doing			exercise.
30 minutes of exercise (cardio,			
walking, weight training)			
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