

# MindBody GLP-1 System™ Success Tracker

BUILD A MIND + BODY CONNECTION FOR SUCCESS

Start with writing down your goals.

I will take MB Core {when}. \_\_\_\_\_

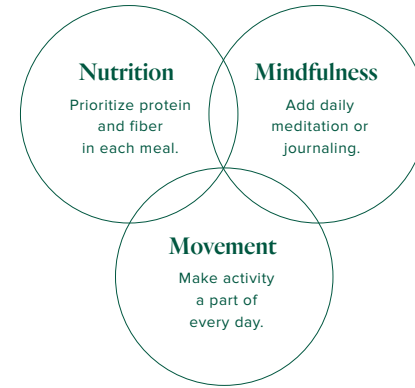
I will take MB Enhance {how & when}. \_\_\_\_\_

I will track my intake {how}. \_\_\_\_\_

I will achieve this by {how}. \_\_\_\_\_

Taking the MB GLP-1 System is important to me {because}.  
\_\_\_\_\_

I will maintain this routine {how long}. \_\_\_\_\_



**Small Actions = Big Results.**

## NUTRITION GOAL

I will \_\_\_\_\_ {when}  
\_\_\_\_\_

I will track this by {how} \_\_\_\_\_

I will achieve this by {how} \_\_\_\_\_

I will maintain this routine by {how long}  
\_\_\_\_\_

\_\_\_\_\_ is important to me because {why} \_\_\_\_\_  
\_\_\_\_\_

## MINDFULNESS GOAL

I will \_\_\_\_\_ {when}  
\_\_\_\_\_

I will track this by {how} \_\_\_\_\_

I will achieve this by {how} \_\_\_\_\_

I will maintain this routine by {how long}  
\_\_\_\_\_

\_\_\_\_\_ is important to me because {why} \_\_\_\_\_  
\_\_\_\_\_

## MOVEMENT GOAL

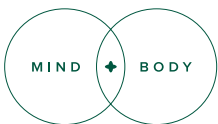
I will \_\_\_\_\_ {when}  
\_\_\_\_\_

I will track this by {how} \_\_\_\_\_

I will achieve this by {how} \_\_\_\_\_

I will maintain this routine by {how long}  
\_\_\_\_\_

\_\_\_\_\_ is important to me because {why} \_\_\_\_\_  
\_\_\_\_\_



Set smart goals monthly.

MONTH

