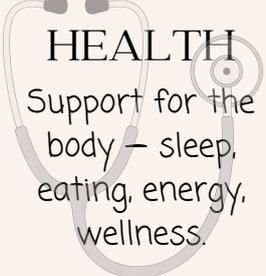
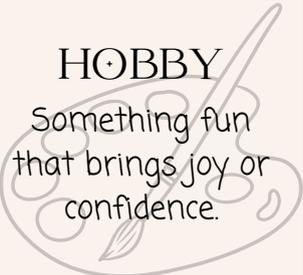




USE THIS TEMPLATE TO SET ONE GOAL FOR EACH FAMILY MEMBER
ACROSS THE FOUR KEY CATEGORIES

CATEGORY				
 <p>HEALTH Support for the body – sleep, eating, energy, wellness.</p>				
 <p>BEHAVIOR A daily habit or routine to strengthen.</p>				
 <p>HOBBY Something fun that brings joy or confidence.</p>				
 <p>EDUCATION A simple learning or skill goal</p>				

