



# Medical Barietrics of Lexington

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*Make the decision, then do something---no matter how small---  
toward accomplishing what you want!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

### Completed Goal Key:



J

### Goals for this month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. **I journaled this day!**

Signature

\_\_\_\_\_