



Achieving Your Goals With Goetze's!

We urge you to print this out and work with your parents or guardians to come up with healthy, attainable goals.

My Goal(s):

What would you like to accomplish in the next 12 weeks?

What is standing in your way?

How can you accomplish your goals?

Twelve weeks might seem like a long time, but it's not so bad. After a while it should become a habit, and hopefully you unconsciously continue to make the better choice later. Goetze's hopes that when the 12 weeks is up, you have not only accomplished your goal, but also improved your overall self.

Best of luck!