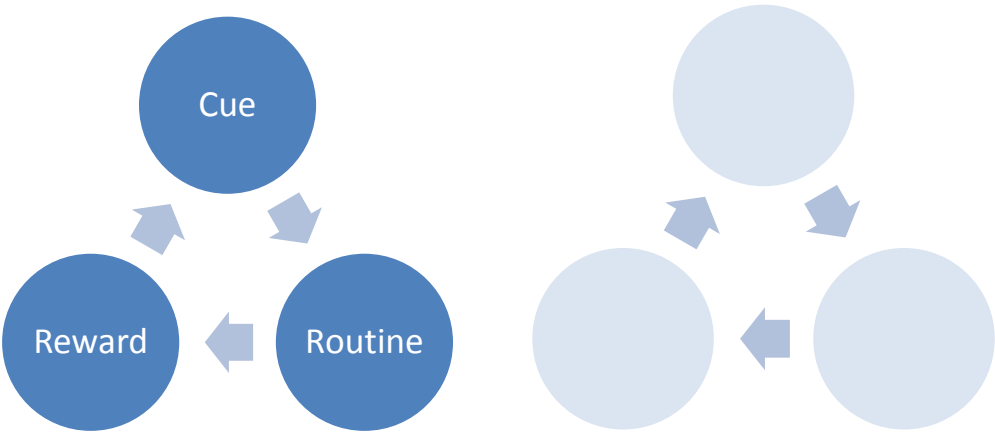


What is one habit you would like to change?



Contemplation	
Preparation	
Action	
Maintenance	

Smart Goal:

Specific	
Measurable	
Action-Based	
Realistic	
Time-Specific	