FIT FOR LIFE

15 POINTS

NAME: DUE:

Directions: What are your personal goals you would like to achieve by taking this class? Identify at least 3 goals you want to work towards throughout the year. Explain how you will work towards this goal and what might be some barriers in the way of achieving your goals. Please use complete sentences and it must be at least 3 paragraphs. (a paragraph consists of at least 5 sentences)

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