

## TAKE CHARGE

In this section, take a pulse of your social and behavioral habits and change the way you feel and the way you relate to others. Just write down the way you want to be in the goal section, and track your progress in the areas provided. If you follow it consistently, you will find that old pattern will soon be broken.



### *Goal*

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### *Fitness*

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### *Rest/Sleep*

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### *Diet*

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### *Social Life*

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