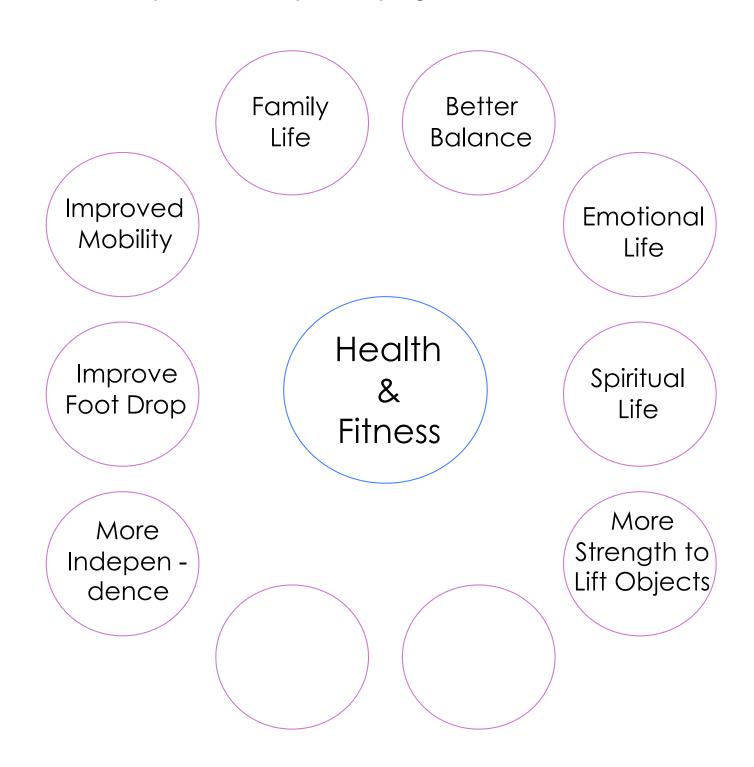


## My Daisy Wheel TM

What aspects of your life you connect with getting and staying healthy and fit: Please, feel free to choose more than one.
There are two open circles for your unique goals!





Describe the perfect outcome with your health and titness challenges:
What is keeping you from desired outcome:
what is keeping you norn desired outcome.