

# goals for the week of:

www.theskinnydebt diet.com

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day:

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the  
Skinny Debt  
diet

feelings:

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feelings goals  
for the week:

achieved

finance goals  
for the week:

finances:

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achieved

food goals  
for the week:

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food:

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achieved

fitness goals  
for the week:

fitness:

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achieved

“tiny changes  
are easier to  
make and have  
a better chance  
of sticking  
long term.”

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