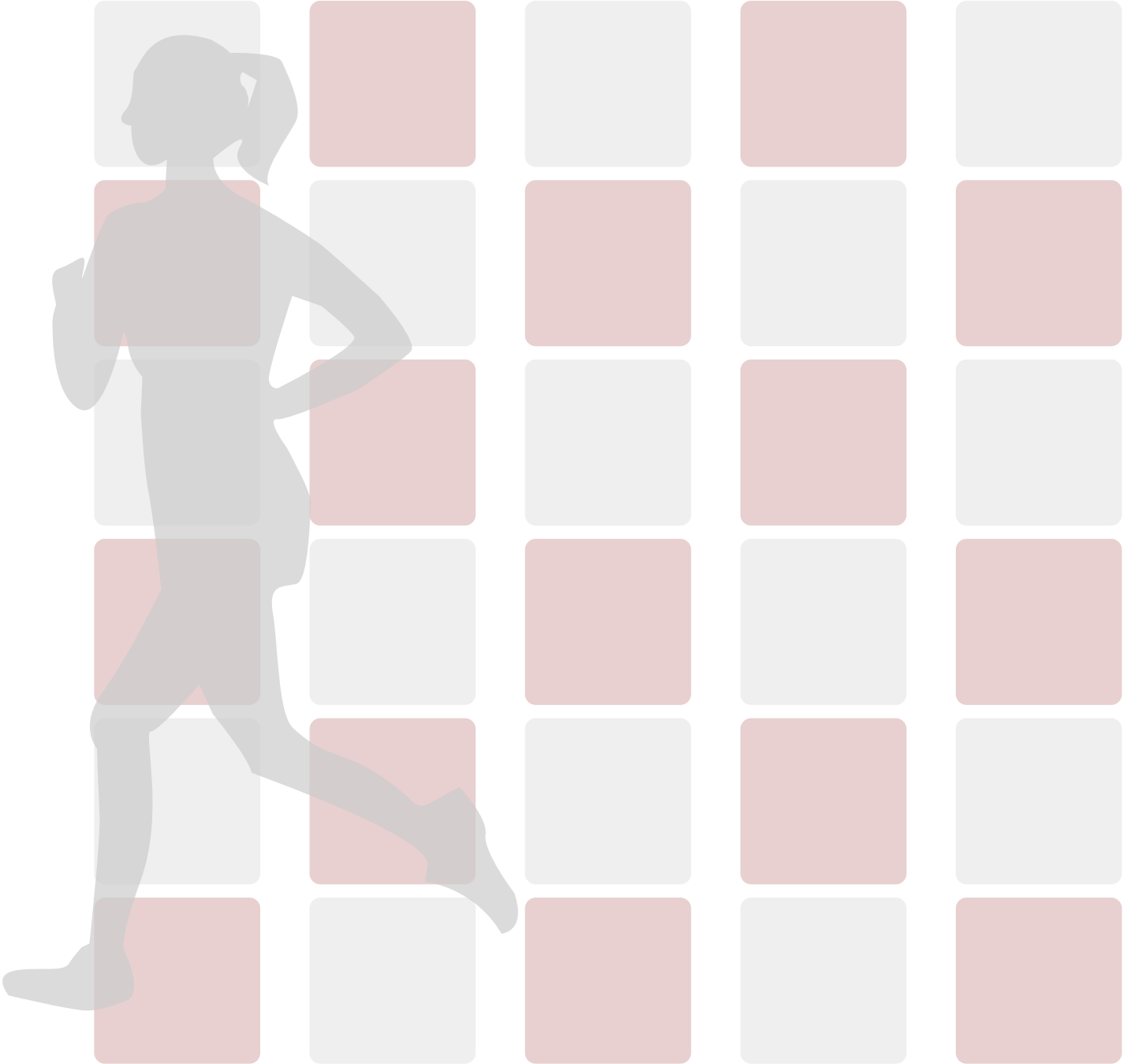


30-DAY HEALTH GOAL TRACKER

MY HEALTH GOAL:



A 5x6 grid of squares for tracking health goals. The squares are arranged in 5 rows and 6 columns. The squares are colored in a repeating pattern of light gray, red, and light gray. A silhouette of a woman running is overlaid on the left side of the grid, spanning all 5 rows.

REWARDS

- _____
- _____
- _____

