

Name \_\_\_\_\_

# Ideal Protein Workshop Health Goals

As you now know, our office is completely unique and different. This is a predictable system, and the person who has control over its predictability is YOU! The only way you will make permanent changes in your health is if you chart a course. Please ponder what your true health goals are by answering the questions below. Please be ready to bring them to the Ideal Protein Workshop and discuss them individually with your doctor. We anticipate phenomenal results. So should you!

**1. Where do you want your health to be in the next 20-50 years?**

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**2. What do you want your life to look like?**

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**3. What do you want your activity levels to be like?**

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**4. Write down your goals.**

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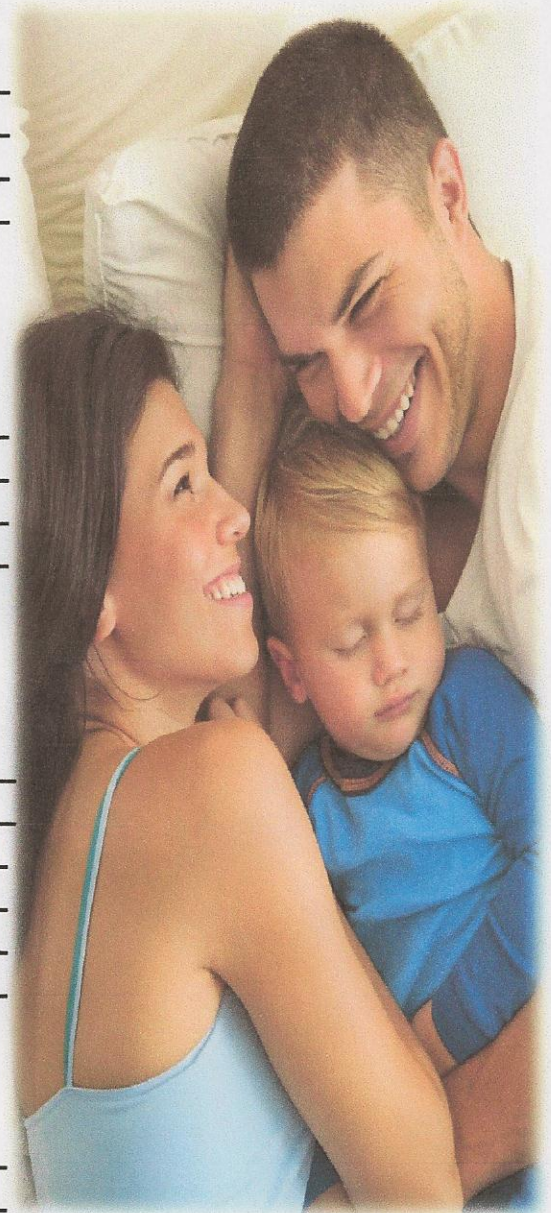
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Signature \_\_\_\_\_ Date \_\_\_\_\_