

<b>My Current Data</b>																																	
<b>Motivation</b>	I want to practice yoga because																																
	My main motive is																																
	My external motivators are																																
<b>Goals and Actions</b>	<table border="1"> <thead> <tr> <th>Goal (for the whole period)</th> <th>Period</th> <th>How will I know I have achieved this</th> <th>Reward</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td><b>Weekly goals</b></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td colspan="4"><b>Actions to Overcome the Obstacles</b></td> </tr> <tr> <td colspan="4"></td> </tr> </tbody> </table>	Goal (for the whole period)	Period	How will I know I have achieved this	Reward					<b>Weekly goals</b>																<b>Actions to Overcome the Obstacles</b>							
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<b>Preparation</b>	<b>I am going to measure</b>																																
	<b>The list of things I need to prepare before yoga sesion</b>																																
<b>Yoga Style</b>	<b>My favorite Yoga Style</b>																																