

<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>	<b>Goal (for the whole period)</b>	<b>Period</b>	<b>How will I know I have achieved this</b>	<b>Reward</b>
	<b>Weekly goals</b>			
	<b>Actions to Overcome the Obstacles</b>			
<b>Preparation</b>	<b>I am going to measure</b>			
	<b>The list of things I need to prepare before yoga session</b>			
<b>Yoga Style</b>	<b>My favorite Yoga Style</b>			