

# Start, Stop or Continue

<b>1. Start</b>	<b>What are you doing that you want to start?</b>	
	1.1	<i>Start exercising 4 times per week</i>
	1.2	<i>Daily meditation</i>
	1.3	<i>Aqua class</i>
	1.4	<i>Strength training 2 per week</i>
	1.5	
	1.6	
<b>2. Stop</b>	<b>What do you need to stop?</b>	
	2.1	<i>Stop drinking soda</i>
	2.2	<i>Eating after 8:00 pm</i>
	2.3	<i>Watching TV after 11:00 pm</i>
	2.4	
	2.5	
	2.6	
<b>3. Continue</b>	<b>What do you want to continue?</b>	
	3.1	<i>Doing the Weight Loss conference call</i>
	3.2	<i>Taking vitamins</i>
	3.3	<i>Drinking 64 oz water per day</i>
	3.4	
	3.5	
	3.6	