

This is my year!

RESOLUTION	IMMEDIATE ACTIONS	COMPLETE BY	DONE
Example: Lose 2 Kg	Walk 30 mins a day Eat a high in protein breaky Exercise once a week	2 weeks	<input checked="" type="checkbox"/>
Example: Start Meal Prepping	Choose my cooking schedule Choose my recipes Make a shopping list	Once a week	<input type="checkbox"/>
1.			<input type="checkbox"/>
2.			<input type="checkbox"/>
3.			<input type="checkbox"/>

New Year's Resolution doesn't have to be making huge changes that will be hard to keep. Instead, by making small changes one after the other, you'll still have the chance to be a whole new you in 2023.
Write down some small resolutions for January, what actions you'll take to reach your resolution and when you'd like to complete it.