DR. GOLD'S
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Board Certified in Family & Holistic Medicine

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Weekly Wellness Plan

"Commitment is doing the thing you said you were going to do, long after the mood you said it in has left you."

Name: _____ Date Range: _____-_____

Behavior / Action	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Achieved	Goal	Net
							TOTAL			