

-PURE-

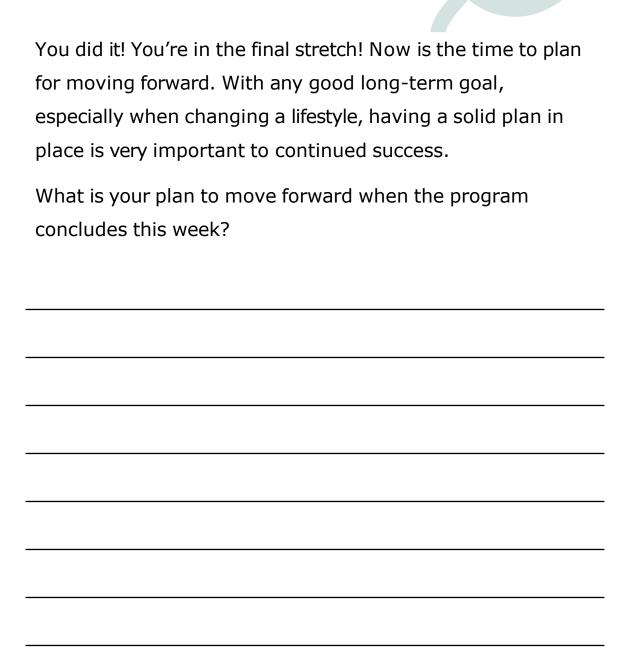
Whole-Food & Plant-Based Support



Workbook

Module Twelve

Going Forward



Going Forward



Write down three things that you can do to maintain the
PURE diet going forward
Write down three new goals moving forward. They don't
need to be related to the PURE program.
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Going Forward



questions, or concerns you might have and want to discuss with your coach.	