



— PURE —

Whole-Food & Plant-Based Support



Workbook

Module Twelve

Going Forward



You did it! You're in the final stretch! Now is the time to plan for moving forward. With any good long-term goal, especially when changing a lifestyle, having a solid plan in place is very important to continued success.

What is your plan to move forward when the program concludes this week?

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.

[illegible]