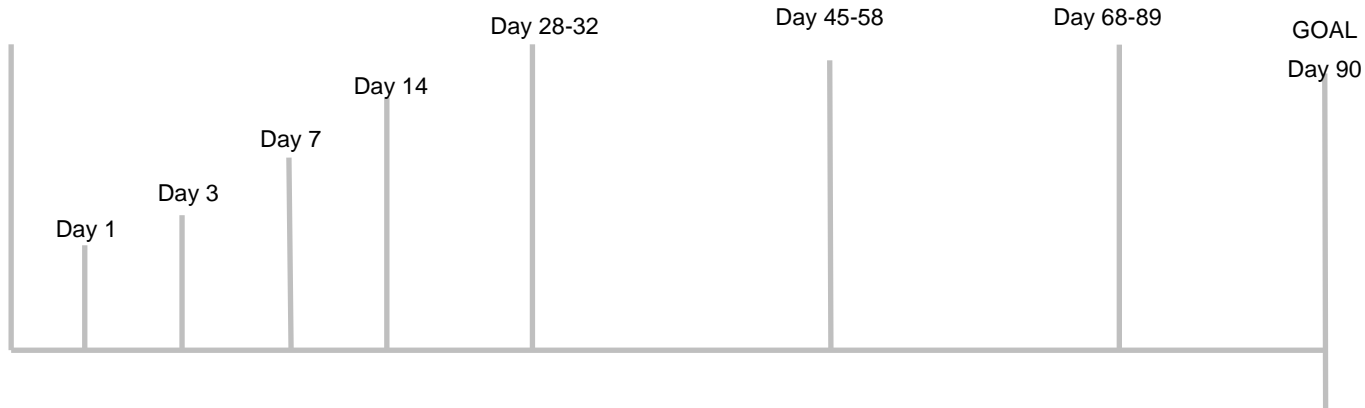


GOAL ACHIEVEMENT: 90 DAY EXECUTION FLIGHT PATH

70-80% of feeling/energy goes into take off
They key is to reach and maintain cruising altitude
to get to your destination.

Be sure to check the "black box" #1
what works
#2 what didn't
#3 what did you learn
#4 What would you do different



Day 1
Day 3
Day 7
Day 14
Day 28-32
Day 45-58
Day 68-89

Goal
