

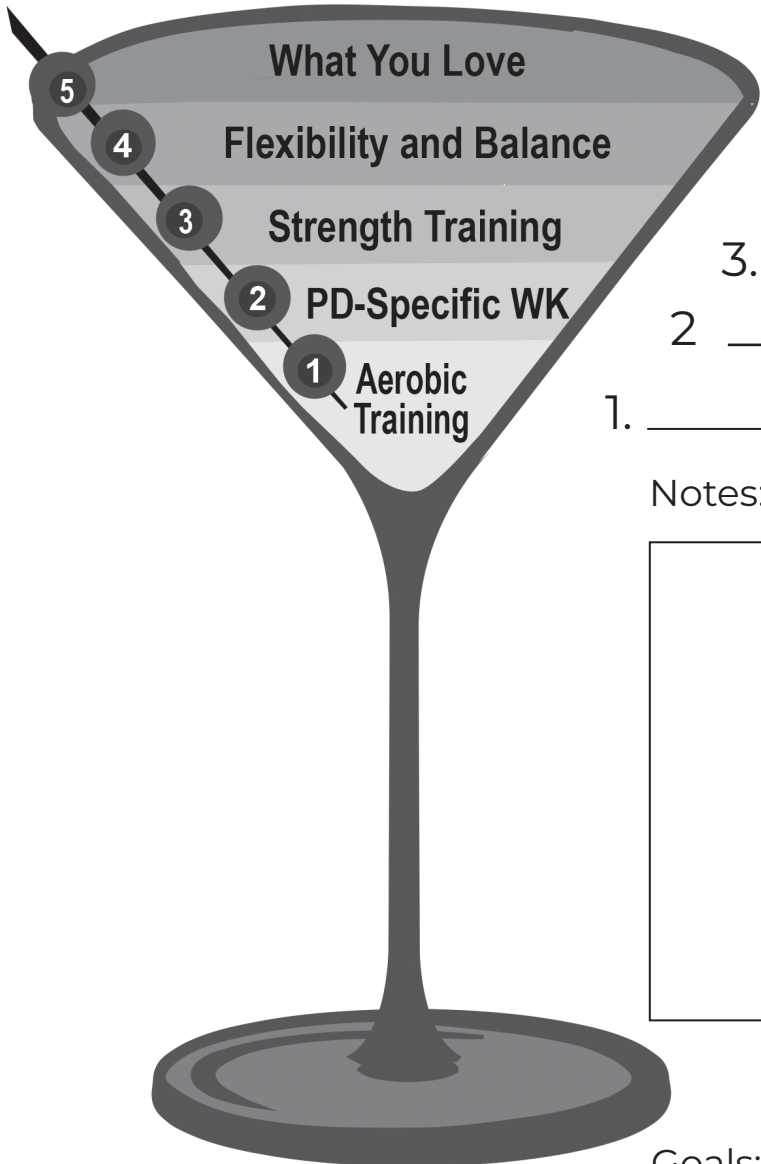
PD Exercise Cocktail Plan™

Date: _____

Name _____

Favorite Drink _____

Tag Line or Battle Cry: _____



5. _____

4. _____

3. _____

2. _____

1. _____

Notes:

Goals:

Next Assessment:
