

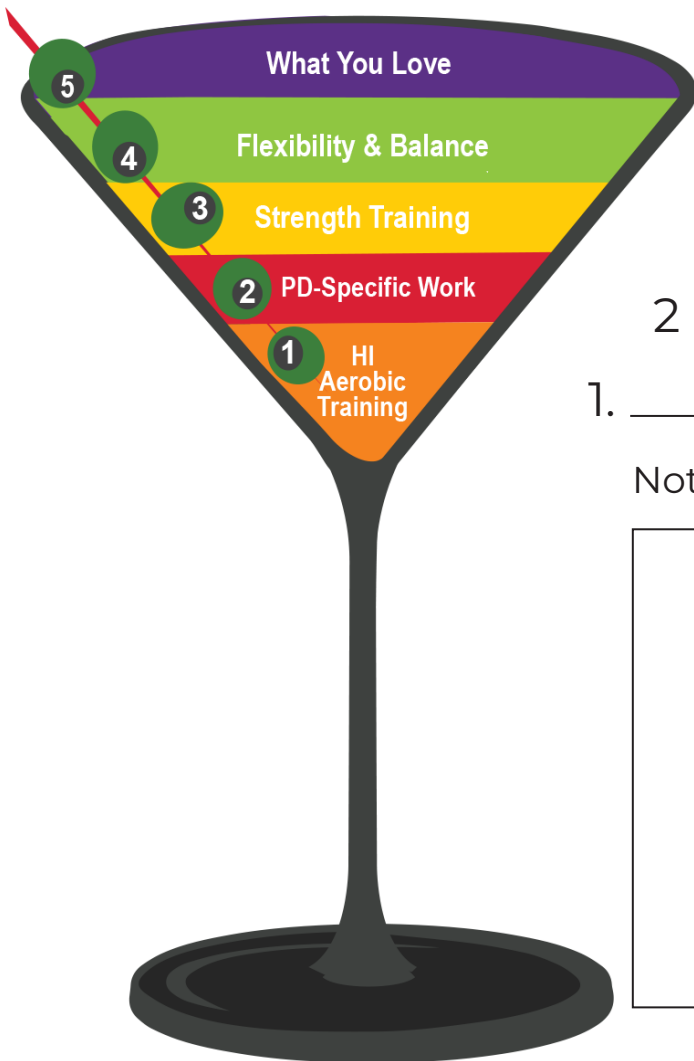
# PD Exercise Cocktail Plan™

Date: \_\_\_\_\_

Name \_\_\_\_\_

Favorite Drink \_\_\_\_\_

Tag Line or Battle Cry: \_\_\_\_\_



5. \_\_\_\_\_

4. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

1. \_\_\_\_\_

Notes:

Goals:

Next Assessment:

\_\_\_\_\_