



SHAPE UP SUGAR LAND



Super Shaper Challenge

I am taking on the Super Shaper Challenge by setting the following personal improvement goal. I created this goal with help from the Shape Up Sugar Land (SUSL) sponsor listed on this form and will use their expert advice to achieve this obtainable goal. The SUSL sponsor and I are in agreement that we have jointly established a reasonable goal, achievable within 60-120 days.

First Name:		Last Name:	
Address:		City, State:	
Phone:	Email:		

Start Date:	Proposed Success Date:
SUSL Sponsor/Business:	
My Goal:	

The above goal was created while keeping the following S.M.A.R.T. guidelines in mind.

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|----------|------------|-----------------|-----------|----------|
| S | M | A | R | T |
| Specific | Measurable | Action-oriented | Realistic | Timely |

Upon completion of my Super Shaper Challenge I will write a short Success Story to be reviewed by the SUSL Board of Directors so that I might be considered for a Super Shaper Award.

Success Story:

Challenger:	Date:
Sponsor:	Date: