

## My habit-worthy goals

The following goals are open-ended goals and require activities to be scheduled regularly. They either have no deadline or have a deadline that is several decades away.

Goal	Habit	Frequency
Goal 1: Learn to speak and read Gujarati	Habit 1: Read articles from Gujarati newspaper	Every weekday of January, March, May, July, September, November
	Habit 2: Master grammar topics	Every weekday of February, April, June, August, October, December
	Habit 3: Watch Gujarati documentaries (listening comprehension)	Every weekend
Goal 2: Low body fat	Habit 1: Keto breakfast	Daily
	Habit 2: High intensity cardio	Everyday except Sunday
	Habit 3: Strength training workout	Should, tricep (Monday), Chest, back (Tuesday), Bicep, forearms (Wednesday), Thighs, calves (Thursday), } Core (every day except Sunday)