

# I commit to the following actions *for* Session 1:

**ACTION ONE:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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**ACTION TWO:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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**ACTION THREE:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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# I commit to the following actions *for* Session 2:

**ACTION ONE:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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**ACTION TWO:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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**ACTION THREE:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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# I commit to the following actions *for* Session 3:

**ACTION ONE:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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**ACTION TWO:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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**ACTION THREE:**  
Action to be Taken

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Activities Needed  
(how, who, where)

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Results to Achieve  
(how to measure, e.g. metric)

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