

NERD ZEST CHAMP

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Career - Select a career in a growing and high paying industry

Goal - Make at least \$80,000 a year income

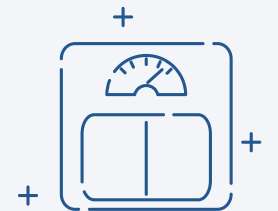
Measure - Yearly salary or gross income



Health - Maintain your health so you can work and play

Goal - Control weight and blood pressure

Measure - Scale and regular blood pressure checks



Adventure - Carve out some time for what you enjoy

Goal - Make time for some fun, at least 5 hours a week

Measure - Track your time



Money - Control your money or it will control you

Goal - Create a yearly budget and track it

Measure - Monthly income vs spending



People - You can't do this alone

Goal - Don't be an asshole

Measure - None. But if you are an asshole, you are probably told so. Stop it.

