My Fitness Vision

1

Picture you, 12 months from now

Draw, paste photos or describe how you look, feel and move

Why this matters to me (the deeper reason)

SMART Goal Sheet

Specific · Measurable · Achievable · Relevant · Time-bound

2

S

What exactly will I do?

M

How will I measure it?

A

Is it realistic for my life?

R

Why does it matter now?

T

By when?

SMART Goal Sheet

Specific · Measurable · Achievable · Relevant · Time-bound

3

S

What exactly will I do?

M

How will I measure it?

A

Is it realistic for my life?

R

Why does it matter now?

T

By when?

Obstacles & If–Then Plans

4

Plan for the hard days before they happen

IF THIS HAPPENS...	THEN I WILL...

12-Week Check-In

5

Rate 1–10 each week

WEEK	WORKOUTS	NUTRITION	SLEEP	MINDSET	WIN OF THE WEEK
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Reward Chart

6

One sticker per workout — 64 to the big reward

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64

Rewards at 20 · 40 · 64