

MY FITNESS PLAN

DATE :

MY DESIRED OVERALL OUTCOME AT 28 DAYS

MY DESIRED SMALLER OUTCOMES AT

DAY 7

DAY 14

DAY 21

DAY 28

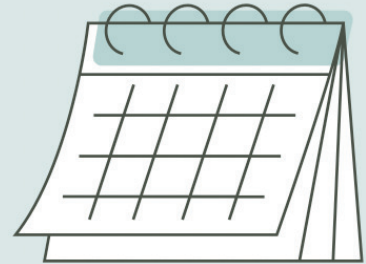
I AM DOING THIS BECAUSE

PEOPLE WHO ARE GOING TO HOLD ME ACCOUNTABLE

THE MOST CHALLENGING PART ABOUT THIS JOURNEY WILL BE

HOW I PLAN TO OVERCOME THESE CHALLENGES

A LETTER OF ENCOURAGEMENT TO MY SELF WHEN I FEEL WEAK, INADEQUATE OR DEFEATED



PRESENT
MIND

