



GOAL SETTING

Setting goals and writing them down are so important in achieving what you want. Writing it down instead of just thinking it creates a contract with yourself to stick to it. I love challenges for this reason. It always gives me a deadline. Fill out the goal sheet below, print it out and tape it where you can see it daily.

"SUCCESS HAPPENS IN YOUR DAILY ROUTINE."

"IT IS THE SMALL THINGS THAT YOU DO DAILY THAT ADD UP TO BIG RESULTS."

GOAL SHEET - EXAMPLE

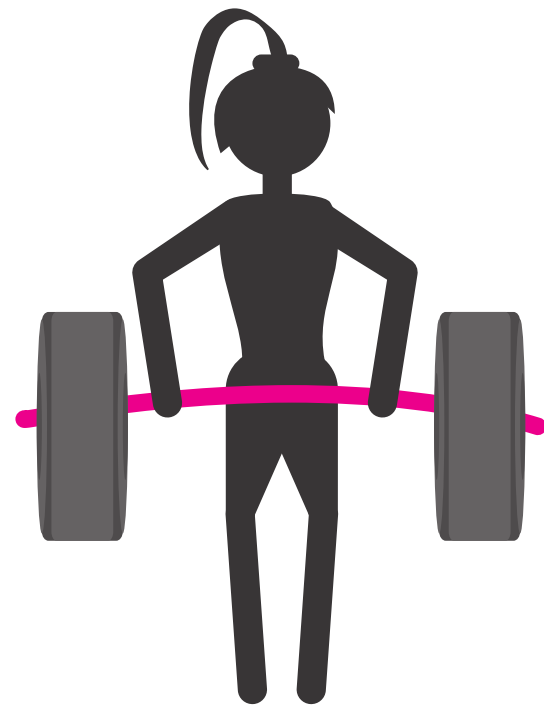
SET MY GOAL

MY OUTCOME GOAL: 15 lbs in 12 weeks

MAKE MY PLAN

MY BEHAVIOR GOALS:

1. I will commit to exercising three times a week.
2. I will choose to eat six small meals a day.
3. I will only allow myself one treat meal per week.
4. I will plan out my meals.
5. I will log my daily calories.
6. I will makeover my kitchen.





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GETTING TO WORK

DATE I WILL START: Jan. 8th, 2018

DATE I WILL REACH MY GOAL: April 2nd, 2018

STICKING TO IT

CHALLENGES THAT I WILL FACE:

1. Dining out with my girlfriends and social events.
2. Not being prepared to eat healthy when I'm not at home.
3. Traveling and finding time to fit my workouts into my schedule.

WAYS I WILL OVERCOME THESE CHALLENGES:

1. I will plan ahead what I will eat at the restaurant.
2. I will prepare meals to travel with me.
3. I will schedule my workouts into my time and use my at home workout program or attend the classes at the training studio.

REACHING MY GOAL

MY REWARD FOR REACHING MY GOAL: I will enjoy a "makeover" at the spa!





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CHALLENGES THAT I WILL FACE:

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MY REWARD FOR REACHING MY GOAL:

