



let's get started!

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.



goal setting

getting to work

DATE I WILL START: November 1st, 2018

DATE I WILL REACH MY GOAL: December 31st, 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!



goal setting

it's your turn to set your goals!

set my goal

MY OUTCOME GOAL:

make my plan

MY BEHAVIOR GOALS:

getting to work

DATE I WILL START:

DATE I WILL REACH MY GOAL:



goal setting

sticking to it

CHALLENGES THAT I WILL FACE:

WAYS I WILL OVERCOME THESE CHALLENGES:

reaching my goal

MY REWARD FOR REACHING MY GOAL:



before & after photos

1. Make sure your hair is tied back and off of your neck.
2. Put on your sports bra/ tight t-shirt and shorts or swimsuit. We need to see your body and this is the only way to measure your progress.
3. Take multiple photos of each side during each session so you have a few choices to pick from. Stand in the same spot for all photos - same room, same lighting. I recommend taking two to three in each position. Then, when you upload your photos to your computer or laptop, you can pick the one that looks the best.
4. You want to take three sets of photos.

FRONT - stand hip width distance apart with your arms straight by your side with your hands facing your hips. Don't worry about sucking in, just let your body take position.

RIGHT SIDE - same as front, hip-width distance, palms facing in.

BACK - same as above.

PROGRESS PHOTOS ARE EXTREMELY IMPORTANT. WE WILL HOST CHALLENGE GIVEAWAYS WITHIN THE FIT IN FOUR FACEBOOK GROUP, SO PLEASE TAKE YOUR PHOTOS AND SHARE WITH US.



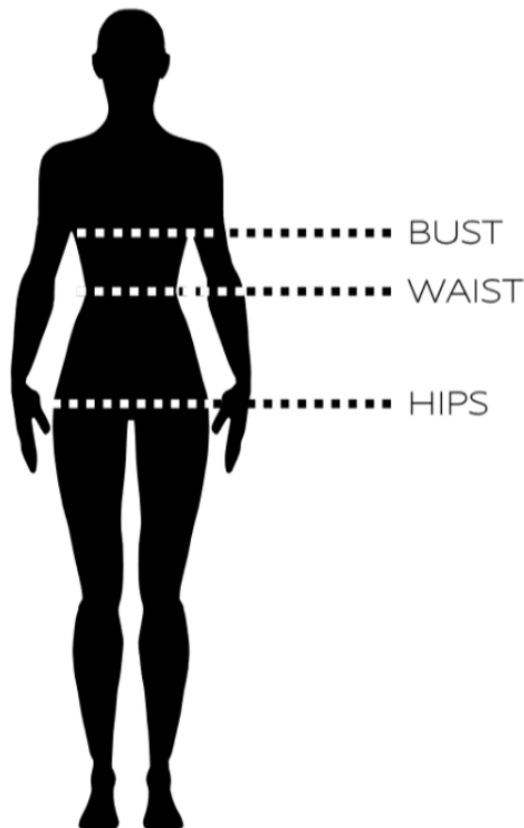
body measurements

HOW TO MEASURE:

BUST - Measure across fullest part of bust, under arms and across shoulder blades. Keep measuring tape straight across back, but do not pull tight.

WAIST - Measure at your natural waistline, where you wear your pants. Keep measuring tape firm, but not tight.

HIPS - Measure around fullest part of hips (about 8 inches down from natural waistline). Keep measuring tape straight and snug, but not too tight.



*It is very important that you measure in the exact same spot each time to determine your success each week. Keep track of your progress each week.



body measurements chart

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
DATE	/	/	/	/	/	/	/	/	/	/	/	/
LEFT ARM												
RIGHT ARM												
BUST												
WAIST												
HIPS												
LEFT THIGH												
RIGHT THIGH												
LEFT CALF												
RIGHT CALF												
WEIGHT												

