## GOALS & ACTIONS

## Write 2 for your FITNESS & 2 for your NUTRITIONAL journeys.

I of them will be a specific Short Term....something you want to achieve weekly. For example, "I will pack my lunch at home for work 3 days this week," or "I will will do a moderate workout for 30-40minutes 2 days this week."

The next goal will be a specific Long Term...something you want to achieve down the line. For example, "I want to lose 10lbs before my high school reunion," or "I want to increase my stamina and make it through a high intensity workout 4/5 days a week."

Fitness:	Week 1	Week 2	Week 3	Week 4	
Short Term					
Long Term					
Nutrition:	Week 1	Week 2	Week 3	Week 4	
Short Term					
Long					
Long					