

MINDSET FOR FITNESS

WHY



Write down why are you doing this anyway? .

Be real with yourself why?



GOALS

What are your goals?
Short term, mid and long term

How will you track them?

DOCUMENT



Write down where you currently are?

Your current weight, measurements and stamina

TOOLS



Find more that will assist you on your journey .

Buy things that will help you and that you plan to use long term

FOOD



Decide how you will eat? .

Purchase your groceries for 1 to 2 weeks

EXCERCISE



What will you do for your workout?

Choose your schedule and Routine

You did it! Lets Befit