

CG.23 GOAL SHEET

Today's Date _____

Starting Stats Weight, Measurements, Body Fat Percentage. Schedule A Free Fitness Consultation to use the Fit3D Body Scanner is your best option.

Goals Enter your goals, what do you want to accomplish in 2023? Think about short term and long term goals, with each goal put a specific time frame in which you want to accomplish it. It usually provides great motivation to have a goal set around an upcoming event, function or holiday. It can give you focus, direction and keep you motivated.

Path To Success How are you going to reach your goals? Be realistic. Be specific. Put a time frame.

Workout Schedule Fill in your workout plans, look at it daily and by the week. Set a time frame to make changes so your body is challenged and continues to work in new ways to get more results. Consider other ways you can burn calories, build muscle and get results other than just at the gym. Can you add a daily walk? Can you start a push up challenge every morning? Can you start stretching before bed?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout	Workout	Workout	Workout	Workout	Workout	Workout
Time	Time	Time	Time	Time	Time	Time

Meal Plan Small habits make the best plans and get you results. Don't try everything else at once. Make changes over time and set goals accordingly. Consider writing out a plan daily and then follow up with a food journal for accountability.