Fit is Freedom Experience

Creating Your Ultimate Freedom Path

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Look around at this new community of powerful women surrounding and supporting you.

It's easy to win when your friends have your back. Fitness is sustainable when it's fun.

We're embarking on a personal path, together. I don't believe in a one-size-fits-all workout or diet plan. I think that each of us intuitively knows what needs to change and what can work for us. Even though sometimes life, work, injuries, hormones, relationships throw us off track.

Highly driven, successful women like to start BIG, go all in, do "all the things" to get results. Kick-ass and #WIN.

May I suggest that to move fast, we start a little slower (allow time to think, avoid injuries, get into the rhythm.) When we discover the small steps, that's what will make the most significant differences. Change happens with ease.
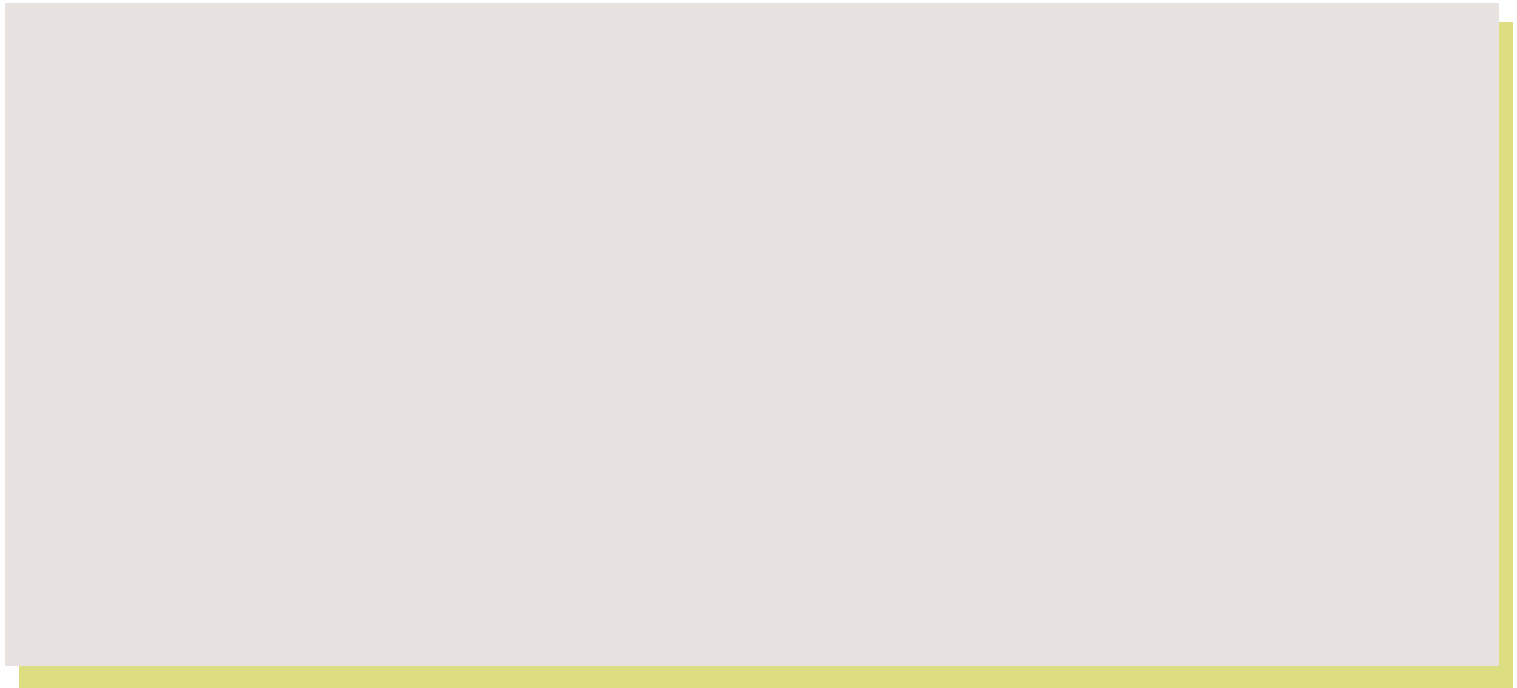
If you're rolling your eyes right now, you're in the perfect place because we're going to also hit the massive goals. The things we want to do and create that are going to require work...hard work. It's always fun when you have your tribe, and you know exactly where you're going!
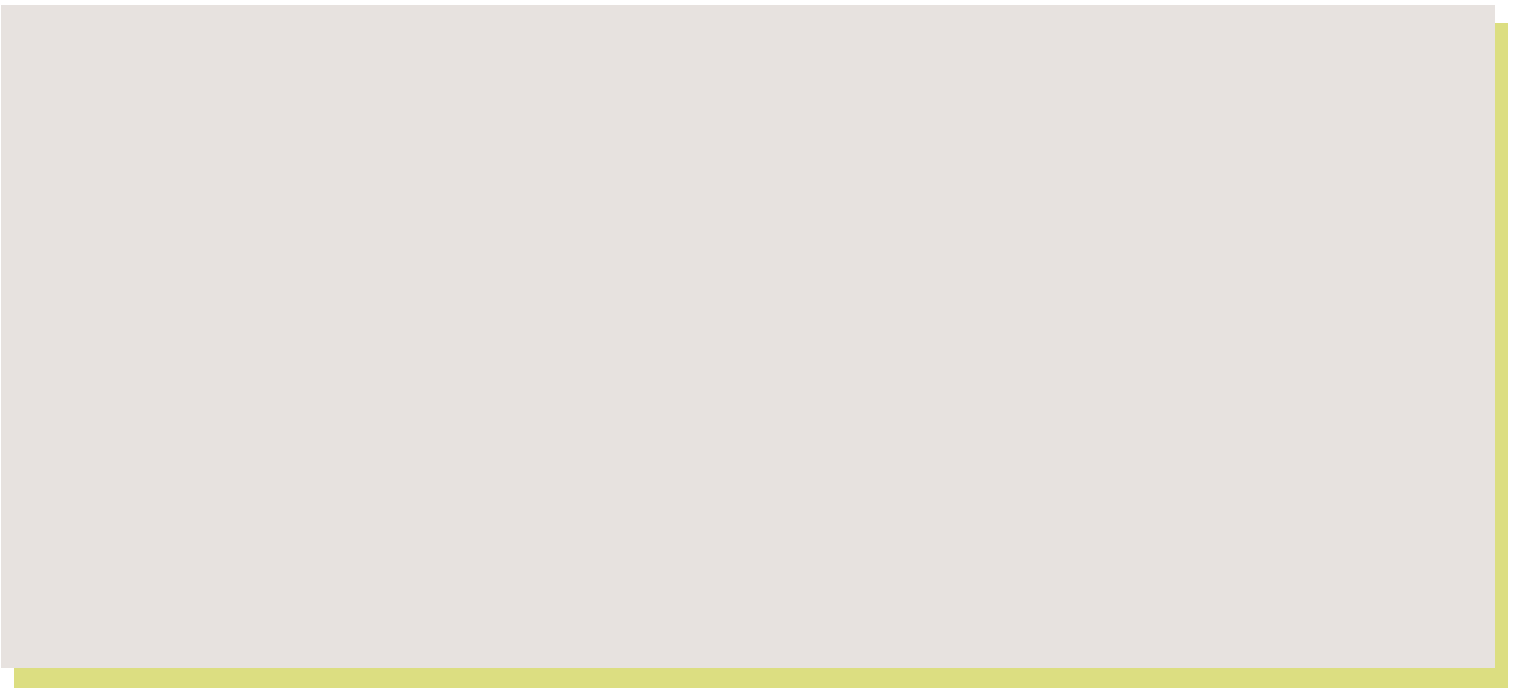
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What's your big WHY?

What does fitness freedom look like for you? What will you be able to do? What trips will you take? What goals will you reach? What will you do on a daily basis?
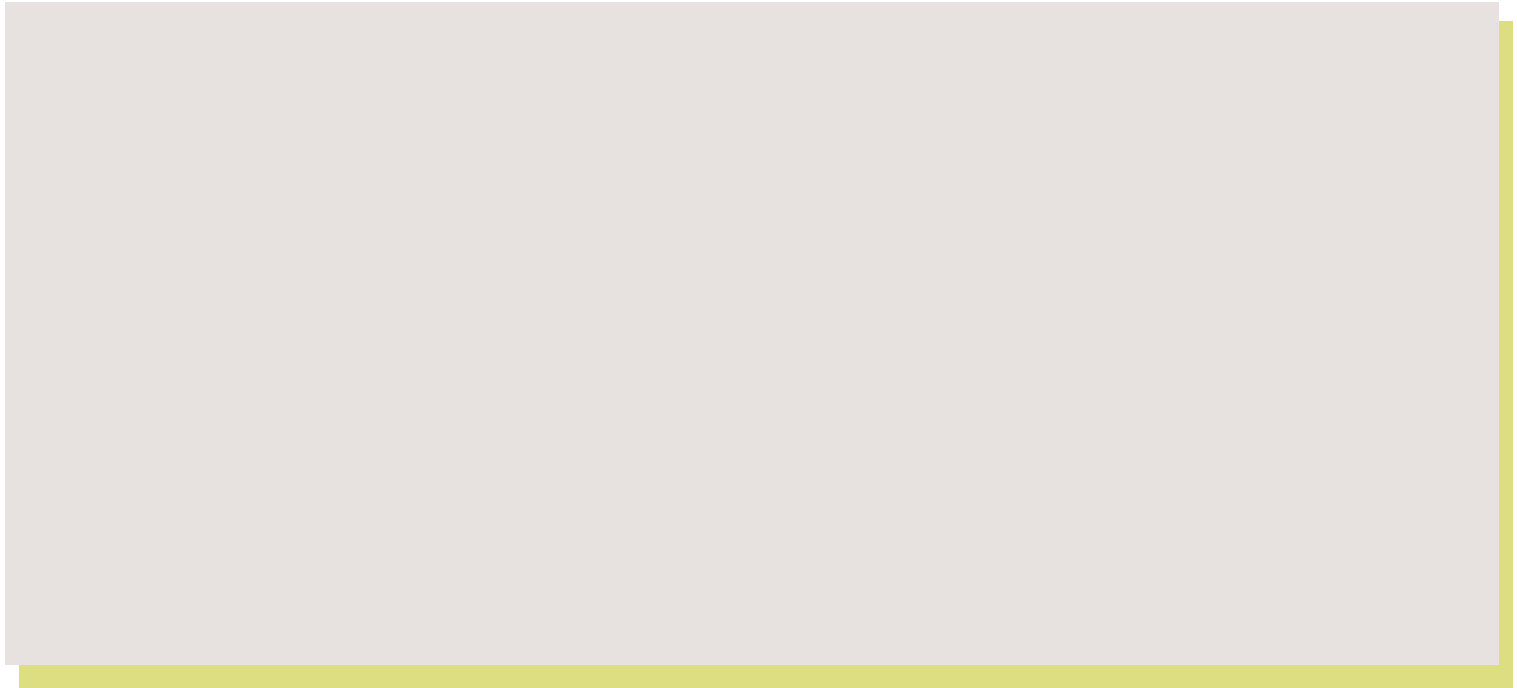
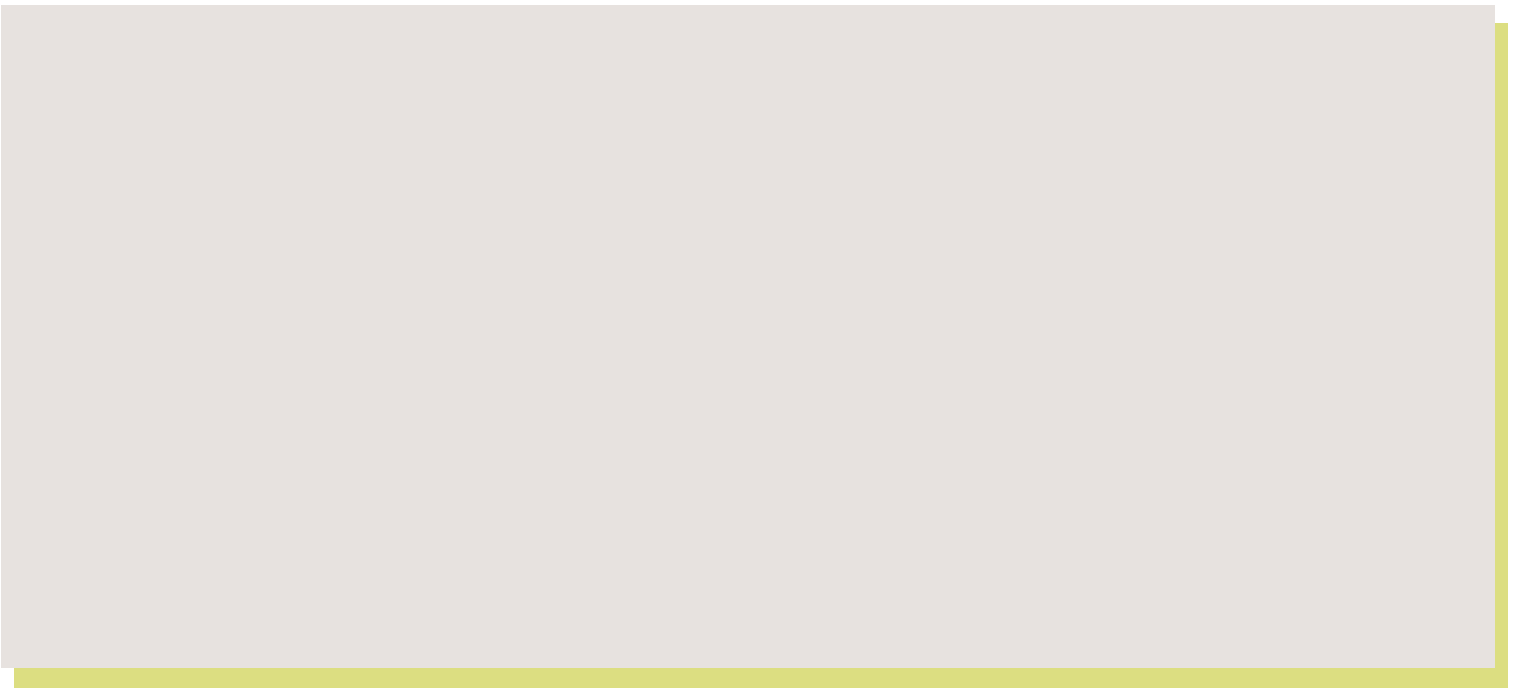## How will you feel?

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What will happen if you DON'T make the changes you want to make?

What's your kryptonite; the habits, actions and thoughts that hold you back? List 5-8 habits/actions/lack of actions/thoughts that hold you back from what you want.
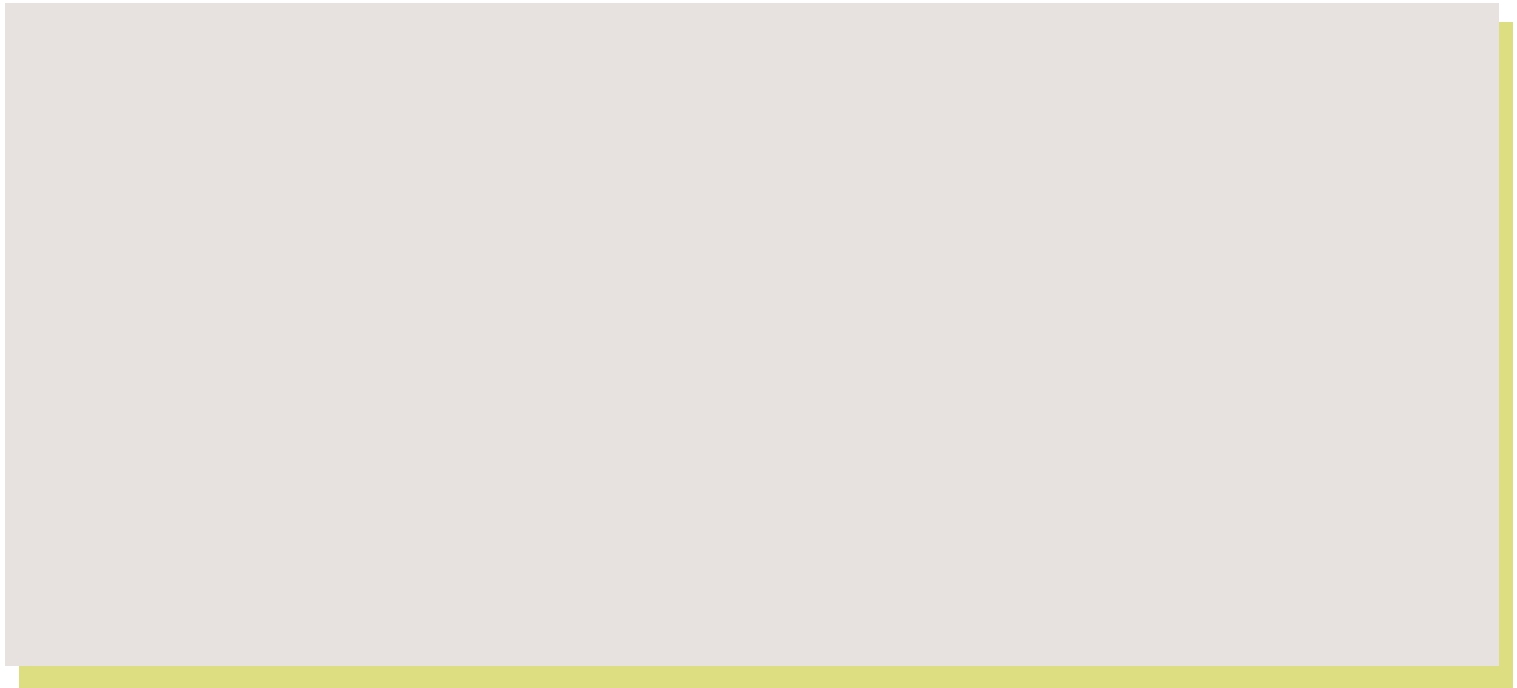
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Pick 1 or 2 from the list above that you are ready to change. List them below & schedule out how you're going to accomplish them.

Milestones & Checkpoints. What do you want to accomplish/do in 3 months. In 6 months? What milestons will let you know you are on track and making progress?