

# START STRONG

*It's Your  
time!*

# Your 12-Week Fitness Plan

What's your #1 Goal for the next 12-weeks? What's your #2 goal? Write them down!

**your #1 Goal**

**your #2 Goal**

List 5 or more words that describe those feelings.

**List 5 or more words that describe those feelings.**

What are 3 actions you can take in the next week to help you reach your goals?

# YOUR 12-Week Fitness Plan

Create a 2-week action plan.  
Break each action down into small,  
easy to do steps.

W  
E  
E  
K  
1



W  
E  
E  
K  
2



# Your 12-Week Fitness Plan

## Eliminate Your Inner Critic

What reasons and beliefs come up that say you can't have the goals you've chosen for the next 12-weeks. Listen for your inner self-talk the next few days.

Write down anything you say about and to yourself; good, bad and ugly.

### Step 1

Attention

What are 3 goals you've rocked in the past? Write down things you've achieved that you're proud of.

### Step 2

Action

1

2

3

# Your 12-Week Fitness Plan

## Eliminate Your Inner Critic

Write down 3-5 things you really appreciate about yourself. It could be about your body, who you are, what you do, what you enjoy doing.

### Step 3

Appreciation

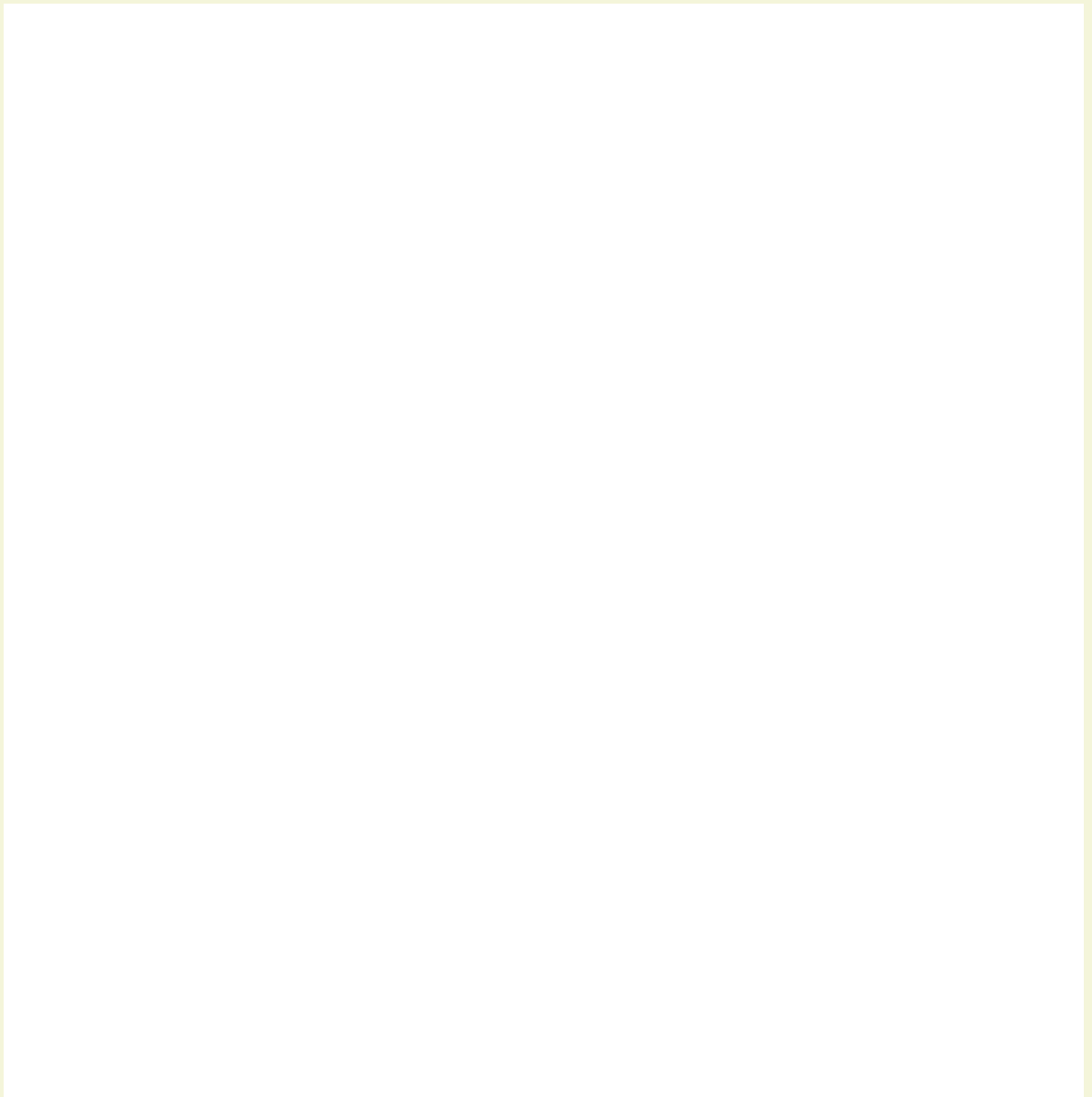
# Your 12-Week Fitness Plan

## Eliminate Your Inner Critic

Replacing the negative with the positive. If you've tried affirmations before and they just felt like you were lying to yourself, let's begin with a question first.

Step 4	Examples:	
	<b>Why do I feel so great?</b>	<b>I feel great because this is what a strong, healthy, sexy woman feels like.</b>
	<b>Why am I so good at sticking to my workout schedule?</b>	<b>I stick to my workout schedule because every day, I'm more and more on my way to a Fit and Free body!</b>

Affirmations



Week Fitness Plan

**Write 3 new statements you want to be true about you.**

A photograph of a potted plant with several thin, brown, woody stems. The stems are covered in numerous small, bright yellow flowers with five petals and dark centers. The plant is growing out of a dark brown, cylindrical pot. The background is a plain, light gray surface.

*Confidently Sticking to  
Your Fitness Plan,  
even if you haven't in  
the past!*



## What have you excelled at in the past when it came to your fitness, wellbeing or health in general?

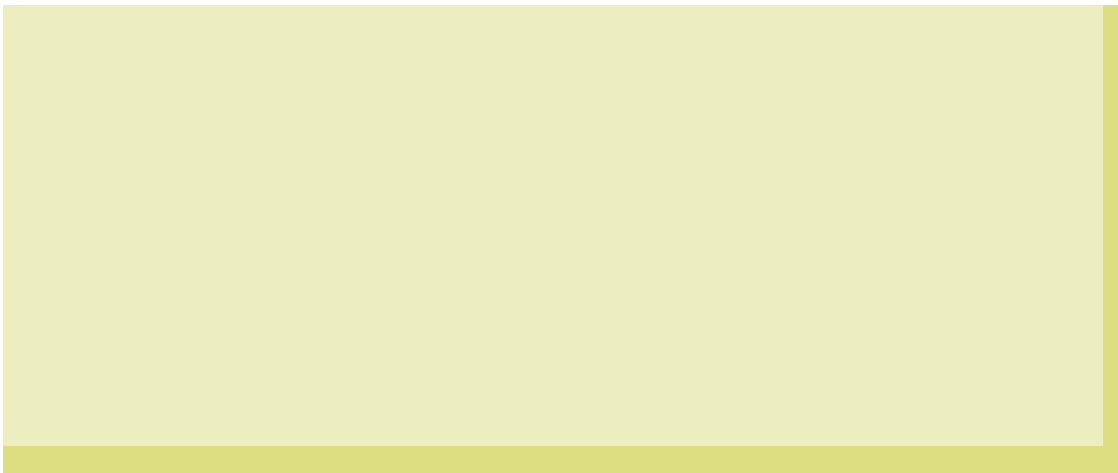
A still life photograph of a small, dark brown ceramic vase containing several thin, brown branches with bright yellow, star-shaped flowers. The vase is placed on a light gray surface against a plain white background.

# Reflection

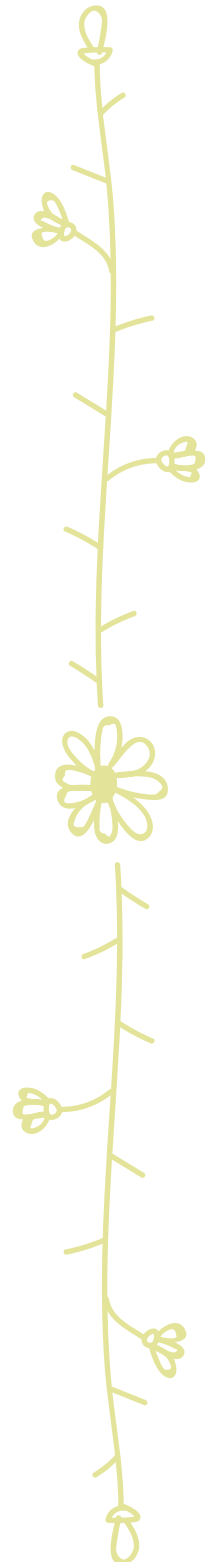
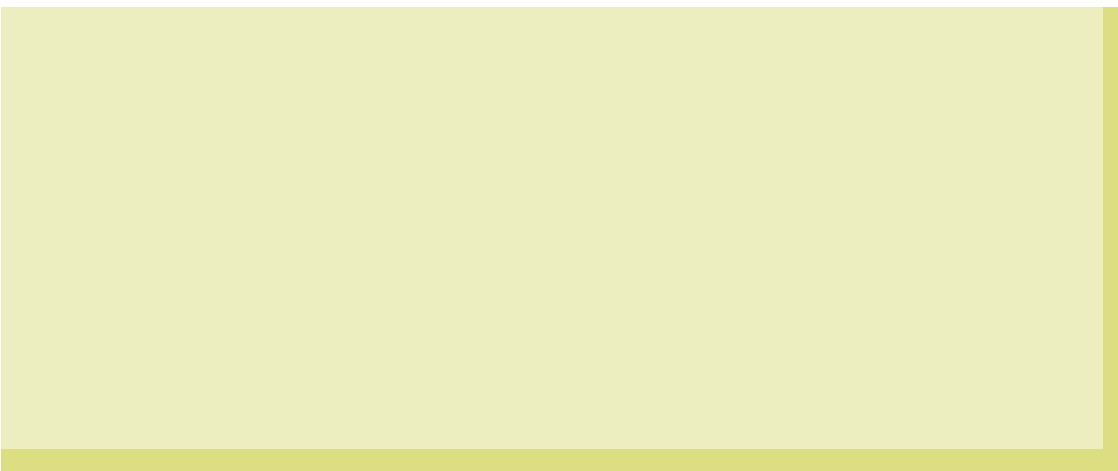
Where have you fallen short on your fitness or health in the past?



If you were the kind of person who stayed with your fitness goals, what would you be like?



Would you be someone who felt like an athlete?

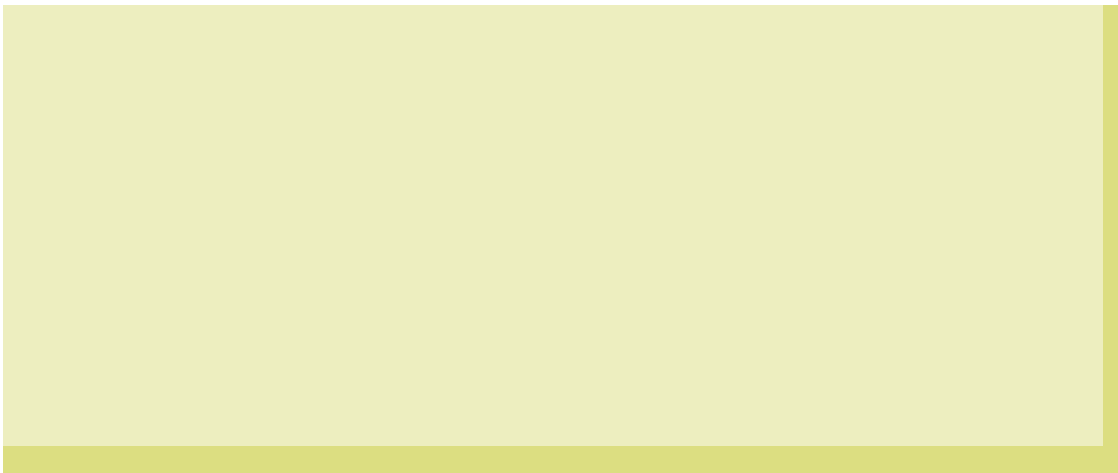


# Reflection

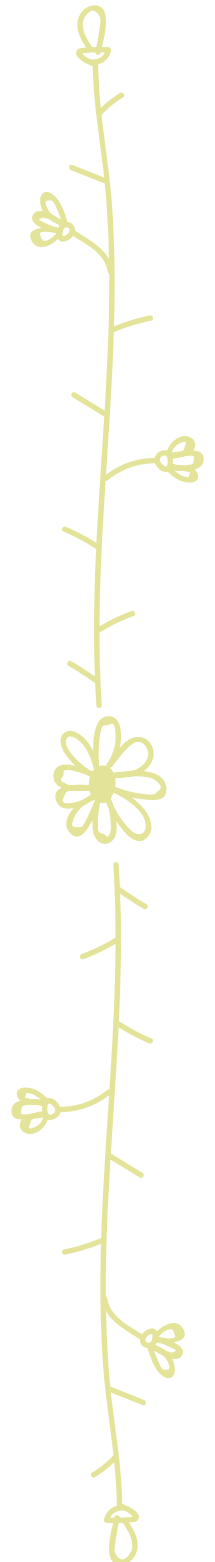
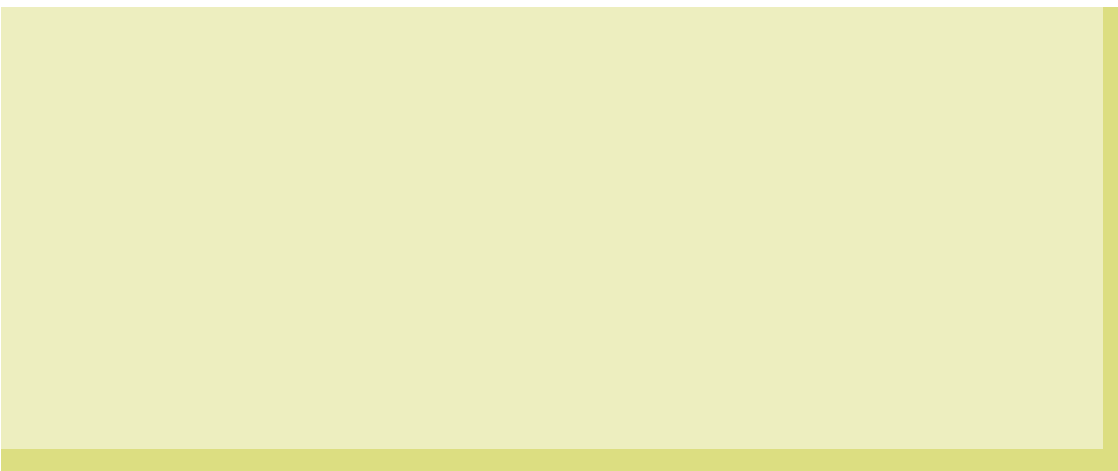
Someone who was 100% committed to your goals?



Someone who could forgive herself if she wasn't 100% committed?



What kind of person would you be?



# Meeting & Embracing Your Inner Athlete ~ the Most Important Step You Can Take

**If you were going to meet your inner athlete, what does she look like? What does she like to do? What would she like to do more of?**

A silhouette of a person standing on a beach, with their right arm raised high in the air. The person is facing left, looking out towards the ocean. The background shows a calm sea with gentle waves under a clear sky. The overall mood is peaceful and contemplative.

# Your 12-Week Fitness Plan

## Using Layered Accountability Makes Everything Easier

Who have you met in the group that could become your next BFF?

How can you connect in the community in an easy-for-you way?