

Quick Start Worksheet

think it through

think through what
you would like to
accomplish over the
next twelve weeks



This **Quick Start Worksheet** will help you think through what you would like to accomplish, a LOT can change in 12 weeks, but only if we are strategic, focused, and clear on the outcome.

Print your worksheet out, give yourself 15 minutes to complete it. You will also need a soft tape measure, but don't let that stop you! You can complete the worksheet and come back for the measurements later.

Quick Start Worksheet

Setting the Stage

If you could do anything fitness/health wise, what would it be?

If you could have any adventure, where would you go? What would you do?

Quick Start Worksheet

Setting the Stage

How do you want to feel?

What are the words and feelings that describe what fitness means to you?

Would you be strong, free, invincible, slender, vibrant, filled with energy?

How does "Fit" feel to you?



Quick Start Worksheet

Baseline Measurements

Start date:

12 week check-in :

Waist - smallest point

Waist - at belly

Bicep - elbow at 90 degrees

How many hours do you sleep?

Other

Waist - smallest point

Waist - at belly button

Bicep - elbow at 90 degrees

How many hours do you sleep?

Other

Quick Start Worksheet

Food, Water & Supplements

What is the good the bad and the ugly about the way you currently eat?

good

bad/ugly

Do you have supplements you want to add to your daily routine?

How much water do you drink on a daily bases & do you want to increase your intake?

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Habits

Habits: When you are triggered or tired, what is your go-to food, snack or drink?
Is this a problem?

Habits: What habits would you like to change or add to your routine?

How do you feel about your body, health and fitness at this moment, and why?



Remember...

If willpower worked,
we wouldn't be having
this conversation...

Kelly