

*Being Fit is the Ultimate Freedom*



Where Will Your  
Freedom Path Take  
You Now?

[www.FitIsFreedom.com](http://www.FitIsFreedom.com)



# Congratulations!

Congratulations. I am so proud to have you as a friend on this fitness journey. Look around and you will see that very few people in life really commit to making the big, seemingly difficult decision to make their fitness a priority. You're different and that makes you a Superstar.

Thank you so much for playing all out and staying in the room. By doing so, you make all the difference, not only in your own life, but in the entire community. It's easier to soar with friends by your side.

Thank you so much again for being here, I can't wait to connect again soon.

Hugs ~ Kelly



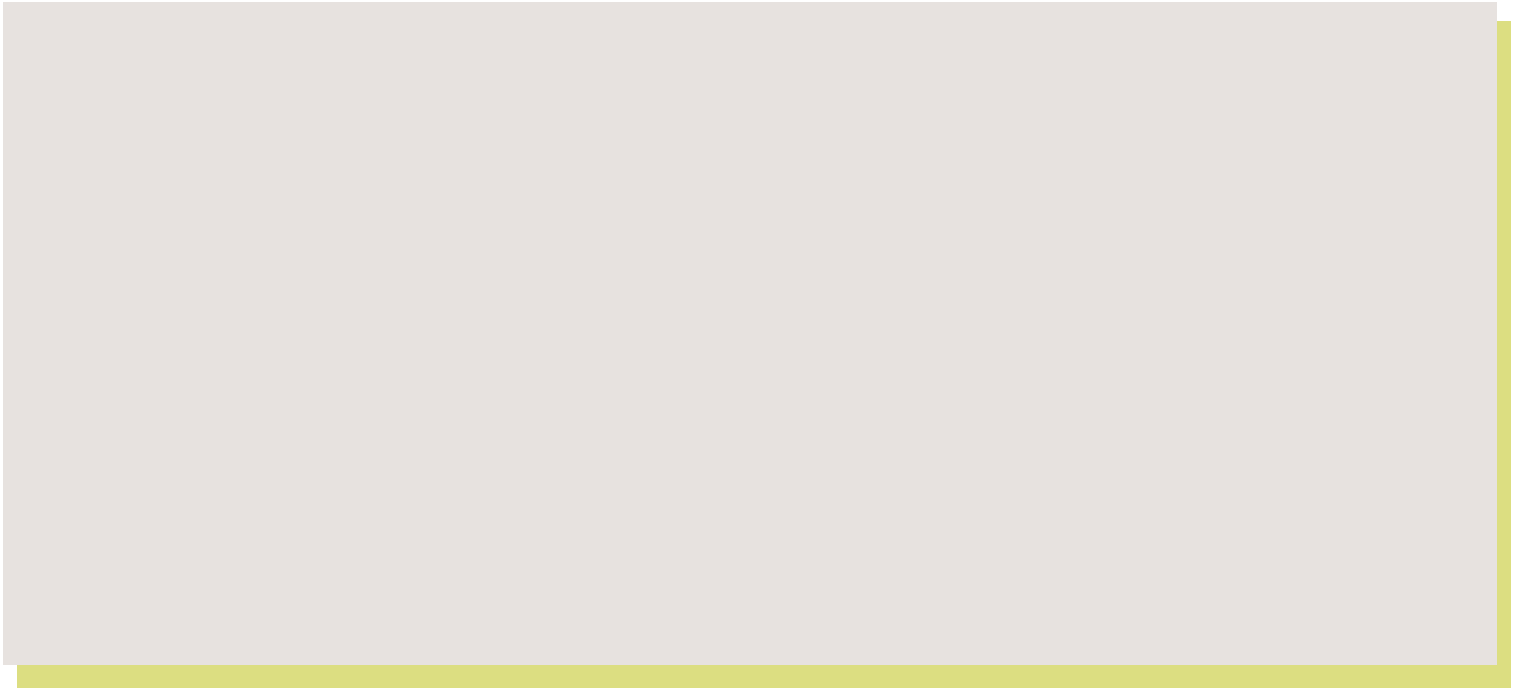
# Where Will Your Freedom Path Take You Now?

## **Remember Your Big WHY? Has it changed? What's next?**

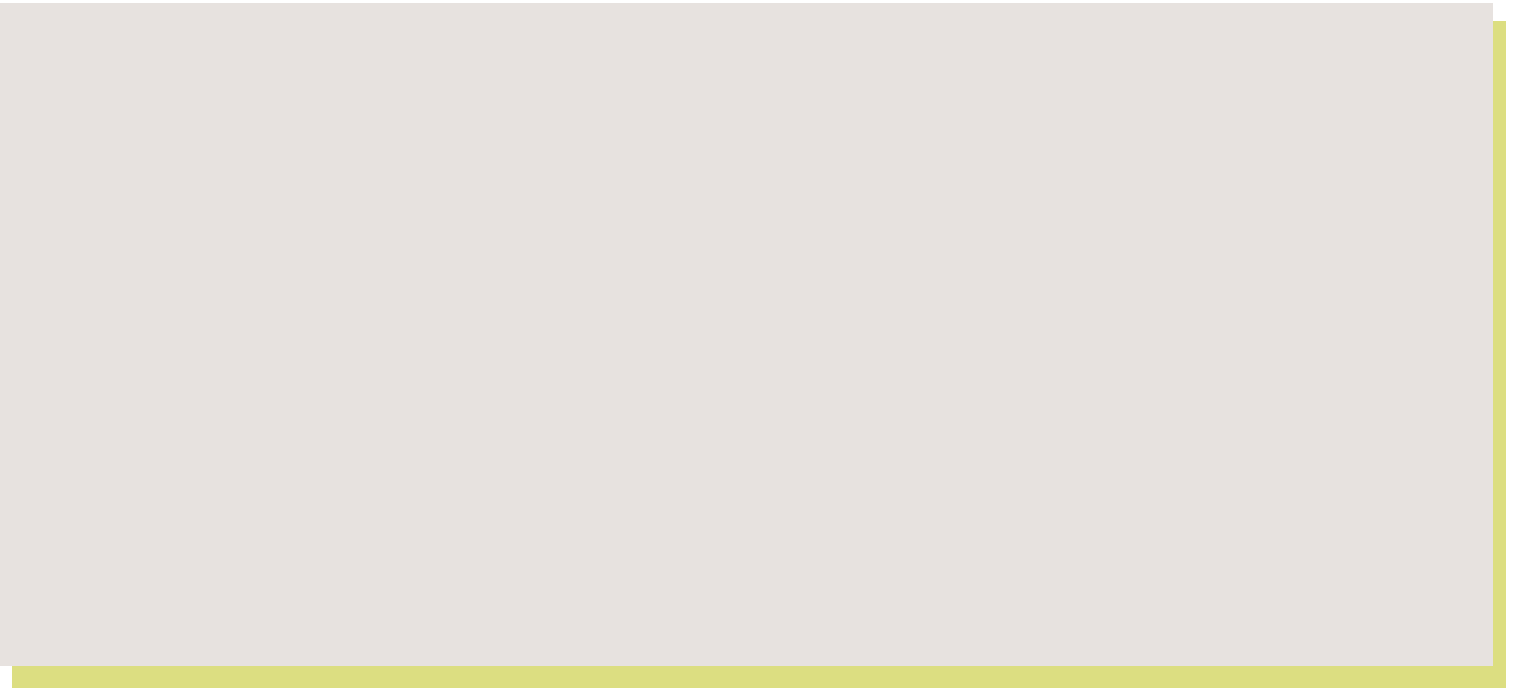
What does fitness freedom look like now? What will you do next? What trips will you take? What goals will you set?

# Where is Your Freedom Path Taking You Next?

**What has changed in your life over the last few weeks?**



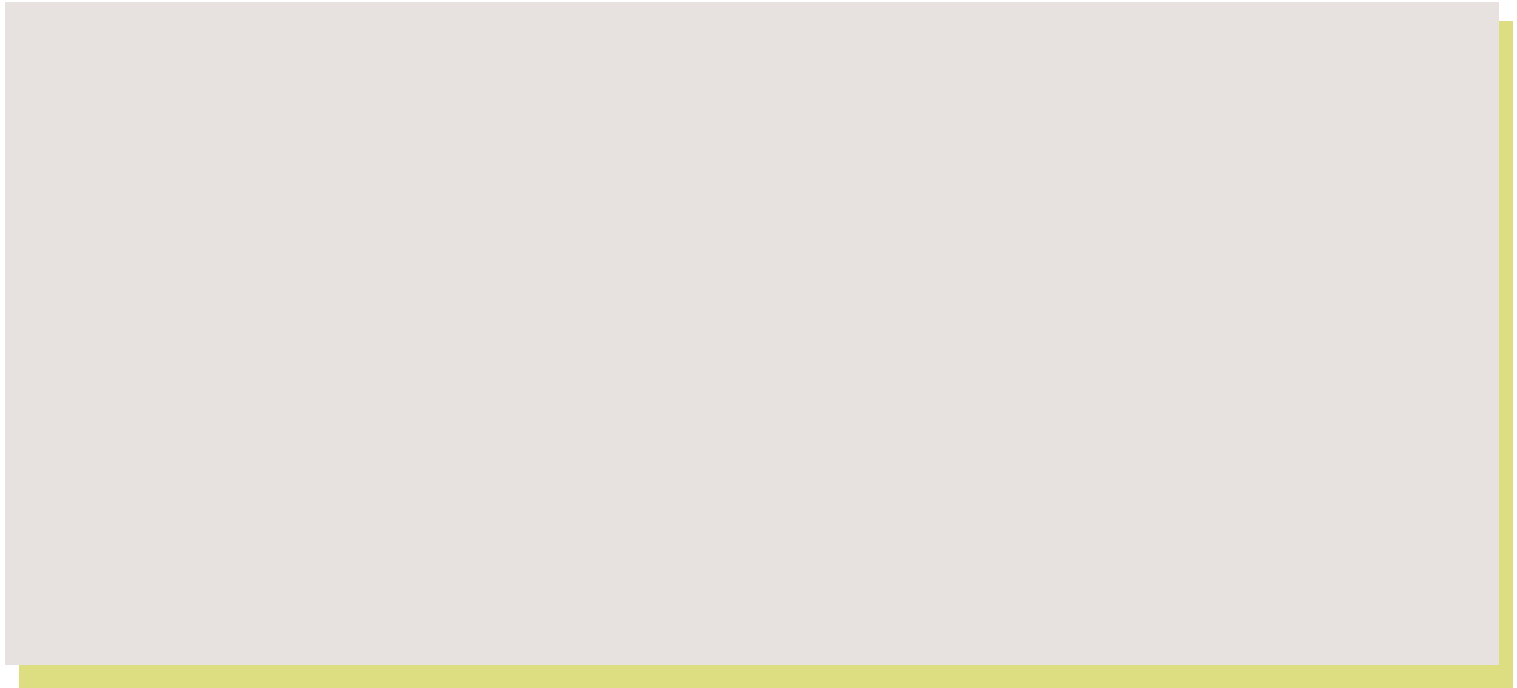
**Any unexpected issues or wins? Any habits/actions/lack of actions/thoughts that are still holding you back from what you want? It's time to list and then eliminate!**



# Where is Your Freedom Path Taking You Next?

**How are you feeling? #WINS**

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**Milestones & Checkpoints. Any new milestones to add? Any commitments to check off the list? What's in the next 3 – 6 months? What will you track next?**

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