

# Weekly Goal Sheet



Each week choose three commitments for the upcoming week. We suggest that you include a mix of exercise, gentle movement and food/water/supplements.

Keep in mind any special events or travel that you may need to adjust for.

**Date:**

**3 Fitness Commitments for this week:**

What could stop you from reaching these goals this week? What do you need to be prepared for?

WHO do you need to be to hit these goals? What actions and thoughts would the very best version of yourself do, to make sure you keep these commitments?