

My Fitness Plan for 2024

Date: _____

(Use when listening to the You Are Not Alone podcast episode on July 18th, 2024)

What are your fitness goals and why? For example, loose/gain weight, tone, build muscle?

Assess where you are today. Ask yourself what type of exercise you do and how often you do it.

Consider what you might want to do to meet your fitness goals. Do you want to add activities/routines, remove activities/routines, or keep doing what you're doing?

Activities discussed in the podcast to consider:

- Gym
- At home gym
- Jogging
- Aerobic/cardio activities
- Yoga/Pilates
- Cross-training
- Outdoor sports: hiking, paddle board, swimming
- Team sports: soccer, basketball, football, pickle ball
- Biking
- Hunting/fishing
- Golfing