







# Mindful Minute

# Living Well ESSENTIALLY

Mindset is key to success when it comes to building a sustainable healthy lifestyle and that includes how you think about and view fitness. Take a few minutes to create your own fitness program/schedule. Things to consider when shifting your mindset regarding creating a successful fitness routine are:

What does fitness mean and look like to me?

---

---

---

---

---

---

---

---

My fitness goal is to...

---

---

---

---

---

---

---

---

My short-term fitness goal is...

---

---

---

---

---

---

---

---

My long-term fitness goal is...

---

---

---

---

---

---

---

---



# Mindful Minute

# Living Well ESSENTIALLY

Mindset is key to success when it comes to building a sustainable healthy lifestyle and that includes how you think about and view fitness. Take a few minutes to create your own fitness program/schedule. Things to consider when shifting your mindset regarding creating a successful fitness routine are:

What does fitness mean and look like to me?

---

---

---

---

---

---

---

---

My fitness goal is to...

---

---

---

---

---

---

---

---

My short-term fitness goal is...

---

---

---

---

---

---

---

---

My long-term fitness goal is...

---

---

---

---

---

---

---

---













