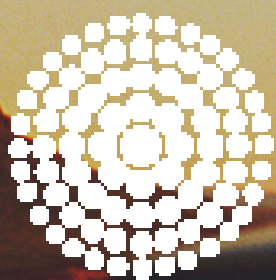


8TH ANNUAL HIGHWAY TO WELL



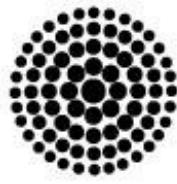
NoBordersFitness
anything is possible.

2

incredible months to journey on your own road to consistency, goal getting and crushing your fitness standards!

***Fit Tests, Accountability
Trackers + More***

***Group Fitness Schedule + Nutrition Info +
Getting Started Inside!***



NoBordersFitness
anything is possible.

Welcome to Highway to Well!

We are SO excited you are here! The next 8 weeks are for you to conquer. No Borders Fitness is alongside you to hold you accountable for your daily fitness classes and challenges, to make sure you get the job done, and to help you reach the goals you set out for yourself.

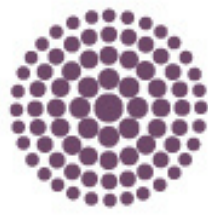
This package has printable pages and trackers for you so you can keep track of your results.

Over the course of the next 8 weeks, we are hosting fit test days, nutrition talks, live classes, journal prompts and on demand services to make sure that every day there is something to look forward to and something to reach for. We will help you set realistic goals, help you make smart choices, and keep things simple.

Let's begin!



BECKY



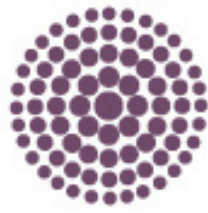
NoBordersFitness
anything is possible.

SETTING GOALS

May 10 - June 30

Goal setting can be a major motivator for many. Contributing factors to a motivating goal include writing it down (more accountability!) deadline (I see an end date!) and helps break down a large goal down into smaller chunks (keep it realistic!) On the next page fill out your goal timeline. Write down the major goal at the top, your start date, your completion date, and markers along the way that breaks things down for you and sets dates to reach your goals by.

Our goal for this 8 week challenge is to complete:
3 strength training sessions/ week
4 x 30 minute sessions of walking, running, cycling



NoBordersFitness
anything is possible.

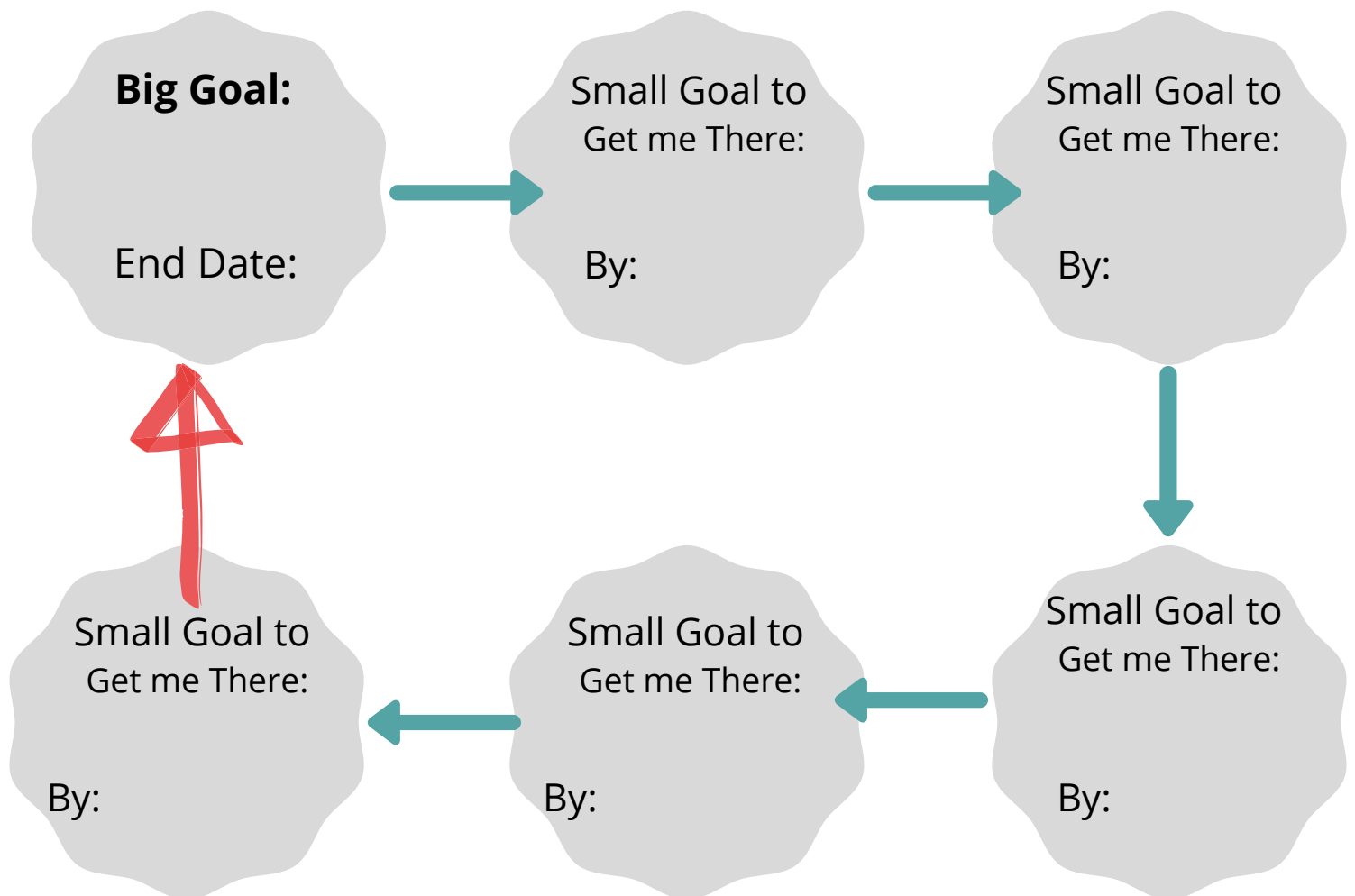
Goal Timeline

Create a timeline for your goal. This will help you stay on track! Use this page to create it. Break it down into as many small, actionable steps as possible. Write in between the designated spaces if you need to.

Goal: _____

Start Date:

End Date:



WEEK BY WEEK - YOUR MOVEMENT PLAN TRACKER



WEEK 1

**STRENGTH
SESSIONS**



**CARDIO
SESSIONS**



REFLECTION

How did my week go? What is my focus and intention for next week?



WEEK 2

**STRENGTH
SESSIONS**



**CARDIO
SESSIONS**



REFLECTION

How do I feel after sticking to my promises to myself? Have I reached a "mini" goal I set to help me reach my big goal by the end of 8 weeks?

WEEK BY WEEK - YOUR MOVEMENT PLAN TRACKER



WEEK 3

**STRENGTH
SESSIONS**



**CARDIO
SESSIONS**



REFLECTION

I know what I feel like when I stop. What will I feel like if I push through this feeling of wanting to give up?



WEEK 4

**STRENGTH
SESSIONS**



**CARDIO
SESSIONS**



REFLECTION

Half way! Time to celebrate. How can I reward myself If I have stuck to my goals?

WEEK BY WEEK - YOUR MOVEMENT PLAN TRACKER



WEEK 5

**STRENGTH
SESSIONS**



**CARDIO
SESSIONS**



REFLECTION

WHY is this goal important to me?



WEEK 6

**STRENGTH
SESSIONS**



**CARDIO
SESSIONS**



REFLECTION

Half way! Time to celebrate. How can I reward myself If I have stuck to my goals?

WEEK BY WEEK - YOUR MOVEMENT PLAN TRACKER



WEEK 7

**STRENGTH
SESSIONS**



**CARDIO
SESSIONS**



REFLECTION

BIG PUSH to the last week. How can I make this week just as important as the last?



WEEK 8

**STRENGTH
SESSIONS**



**CARDIO
SESSIONS**



REFLECTION

I DID it. What has changed? How do I feel? What were some big improvements I developed?

FIT TEST TRACKER: SGT. COURTNEY

USE THIS TRACKER IN SGT. COURTNEY'S BOOTCAMP CLASS ON WEEK 1, AND THE LAST WEEK. THIS CLASS IS ALSO AVAILABLE ON DEMAND. TRACK YOUR PUSH/PULL STRENGTH PROGRESS BY PERFORMING THIS 8 WEEKS APART.

WEEK 1

PUSHUPS PERFORMED IN 2 MINUTES _____

SIT UPS PERFORMED IN 2 MINUTES _____

WEEK 8

PUSHUPS PERFORMED IN 2 MINUTES _____

SIT UPS PERFORMED IN 2 MINUTES _____

grit

[grit] · noun

Possessing indomitable spirit. Having a drive for achievement regardless of upbringing or situation. Earning success in the trenches through hard work

TABATA

FIT TEST TRACKER

***USE THIS TRACKER DURING OUR TABATA CLASSES
THE WEEK OF MAY 10-15. RECORD YOUR RESULTS TO
TRACK YOUR PROGRESS!***

WEEK 1

8 rounds of air squats. Goal: to accomplish same amount of squats for all 8 rounds.

Round 1____ Round 5____

Round 2____ Round 6____

Round 3____ Round 7____

Round 4____ Round 8____

Average:

WEEK 8

Round 1____ Round 5____

Round 2____ Round 6____

Round 3____ Round 7____

Round 4____ Round 8____

Average:

NUTRITION SUPPORT DURING HIGHWAY TO WELL

➞ WORKSHOP #1



**Monday
May 10th
7pm
ZOOM**

TOPIC:FUELING YOUR WORKOUT THROUGH FOOD / LET'S TALK ABOUT SUGAR - JOIN US TO LEARN MORE ABOUT PRE, DURING AND POST WORKOUT NUTRITION AND HELP BUST THOSE MYTHS AND LEARN THE TRUTH ABOUT SUGAR!

➞ WORKSHOP #2



**Monday
May 17th
7pm
ZOOM**

TOPIC:TIPS FOR PORTION SIZE / MEAL PLANNING MADE EASY / MAKING A GREAT GROCERY LIST - WHAT'S FOR DINNER? DO YOU DESPISE THIS QUESTION? THEN JOIN US AND WE WILL HELP YOU MAKE YOUR OWN INDIVIDUALIZED MEAL PLAN AND GROCERY LIST FOR THE WEEK! WHETHER YOU ARE LOOKING FOR HELP TO STAY ON TRACK WITH YOUR HEALTHY EATING GOALS OR JUST SEARCHING FOR SOME RECIPE IDEAS, THIS SESSION WILL HELP!



JOIN CHARLOTTE JONES, R.D.

Join Registered Dietitian Charlotte Jones for informational, engaging and thoughtful workshops through out the month of May to assist you beyond the studio to help you implement change. Charlotte will be offering 3 workshops during your challenge online.

➞ WORKSHOP #3 **Monday May 31st 7pm ZOOM**



TOPIC: CRAVING CHANGE ® MINI SESSION - ARE YOU STRUGGLING WITH WHAT, WHEN OR HOW MUCH TO EAT? DO YOU WISH YOU HAD MORE MOTIVATION AND WILLPOWER? JOIN CHARLOTTE, A CERTIFIED CRAVING CHANGE CLINICIAN FOR A LOOK AT HOW YOU CAN DEVELOP A HEALTHIER RELATIONSHIP WITH FOOD. LEARN TO CHANGE YOUR THINKING TO CHANGE YOUR EATING.