

Finding Your Journey

Moving the Body (Training & Activity)

Where are you currently?

1 2 3 4 5

Reasons I am here:

Where do you want to be?

1 2 3 4 5

Steps needed for the change:

Fuel Stop (Rest & Recovery)

Where are you currently?

1 2 3 4 5

Reasons I am here:

Where do you want to be?

1 2 3 4 5

Steps needed for the change:

Nutrition (Fueling Your Runs)

Where are you currently?

1 2 3 4 5

Reasons I am here:

Where do you want to be?

1 2 3 4 5

Steps needed for the change:

Social Network (Support & Accountability)

Where are you currently?

1 2 3 4 5

Reasons I am here:

Where do you want to be?

1 2 3 4 5

Steps needed for the change:

Mindset (Mental Strength)

Where are you currently?

1 2 3 4 5

Reasons I am here:

Where do you want to be?

1 2 3 4 5

Steps needed for the change:
