



PROGRESS PROMPTS:

What am I looking to focus on in the immediate future? (next 30 days)

What changes am I looking to make around my physical progress?

How would these changes alter my life / the way that I look at myself?

What are some action steps I will take help me reach these changes:

What tools will I need to help me take these action steps?

Is there any "prep work" before I begin this process of change?

(set up space to work out, call and schedule a coach, etc.)

What do I say to myself before I begin my training process: