

d. What are your top 3 major goals? (What RESULTS do you want to see and feel/).

e. How will you bring these goals to life?

E.g I have scheduled in meal prep on Sundays and Wednesdays.

I'll book in my classes at the beginning of the week.

During class I will push myself to start and finish on every buzzer.

HOT TIPS FOR GOAL CREATION:

- Make the results you want specific & give yourself a time frame for completion.
- Write the goals as if you are already DOING them.

Some examples...

- I am going to 4 sessions a week of HIIT(2 cardio + 2 resistance f45) + 1 yoga class + 1 rest day.
- (From week 5 onwards) I am getting up 1/2 hour earlier in the mornings (at 5.20 am Monday - Thursday)
- I am starting and ending on every buzzer during my class
- I am doing pull-ups on the blue/red bands (instead of black/blue)
- I am carrying a drink bottle with me wherever I go & bringing packed meals to work.
- As a result of my effort and nourishing my body with the best nutrition, my body fat percentage result is between 18- 20% (it helps to put in a range).

2. What are potential obstacles that might get in the way of your success?

3. What can you do about those obstacles?

FINAL THOUGHTS:

DO YOUR GOALS PASS THE SMILE TEST?

Does the goal make you smile? If not, tweak it until it does.

GET AN ACCOUNTABILITY PARTNER

You can tell your family, find someone within the group doing the challenge who is inspiring you, OR ask one of the f45 team. Tell them your goals and how they can keep you accountable. (My buddy and I are doing check-ins at the start and mid-way through the week to stay on track)

KEEP YOUR GOALS VISIBLE

Put your goals up and about so you can see them **daily**. On the fridge, mirror, office desk or next to your bed are great spots.

BRaindump

