

Chapter

Fitness Plan.

Take care of your body. It's the only place you have to live. - Jim Rohn

F^{itness}

1. List of 5-10 ways you like to move/exercise your body
2. Written Schedule for moving/exercising your body 5X/week for 30 minutes
3. Write out SMART goals for your future fitness



Ways you like to move/exercise your body

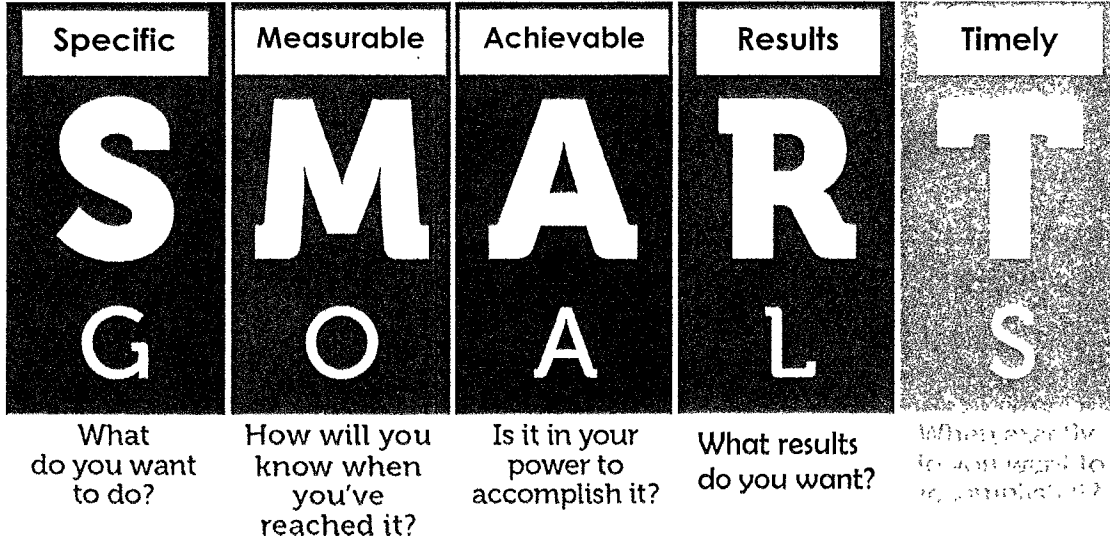
1.
2.
3.
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9.
10.



**Schedule for moving/exercising your
body 5x/week for 30 minutes.**

	SUNDAY	TUESDAY	THURSDAY	SATURDAY	SUNDAY
WHAT					
WHERE					
HOW LONG					
HOW DID YOU FEEL AFTER					

GOALS FOR FUTURE FITNESS



Long term Goal 1: In the next 6-12 months I want to -

-Short term Goal 1A: In the next 4-8 weeks I will -

Long term Goal 2: In the next 6-12 months I want to -

-Short term Goal 2A: In the next 4-8 weeks I will -
