

Goals

LONG TERM GOALS

What do you want to achieve a year from now?

SHORT TERM GOALS

2 - 3 actions to focus on for the next four weeks

STRONG MOTIVATIONS:

What is your why? The more detail the better.

Exercise Plan

	MON	TUE	WED	THUR	FRI	SAT	SUN
WHAT							
WHEN							

Weekly Session Aim: _____

Copmonenets of your exercise plan:

Strength / Resistance:

It's important to build strength or muscle which will help create the 'toned' appearance. This could be done at home or in the gym. More importantly this will help you feel strong, empowered and capable in everyday life and strengthen your bones.

Fitness:

Increasing your fitness levels will boost your mood and energy. It's so healthy for our hearts and lungs. This can be done in a variety of ways; at the gym, outdoors, in fitness classes or local sports groups to name a few.

Flexibility:

Performing regular stretches will help keep your body limber feeling good and will help lower the risks of injury.

Rest & Self care:

It's important to take a rest day off exercise or take a moment for yourself throughout the week. Stay in tune with your body and take scheduled rests or be willing to adapt your plan if your body is telling you it needs more rest. This will also help to avoid over-training related injuries.

Classes or Skill development:

Consider having a fun movement based class in your week where you are learning new skills and connecting in with a community of awesome humans. Here are my favourites:
Dance, Marital arts, Adults gymnastics, Run club, Pilates.