

My Health & Fitness

My Beliefs About My Health & Fitness

“The first wealth is health.” - Ralph Waldo Emerson

Eliminate Any Negative Statements & Replace Them With Empowering Ones

“Living a healthy lifestyle will only deprive you of poor health, lethargy, and fat.” - Jill Johnson

Negative Statement	Empowering Statement

My Vision For My Ideal Health & Fitness

“You can’t expect to look like a million bucks if you eat from the dollar menu.” - Anonymous

My Perfect Self

“A man’s health can be judged by which he takes two at a time – pills or stairs.” - Joan Welsh

What Would I Expect to Find In the Perfect: _____

1. _____
2. _____
3. _____
4. _____

What Would I Expect to Find In the Perfect: _____

1. _____
2. _____
3. _____
4. _____

What Would I Expect to Find In the Perfect: _____

1. _____
2. _____
3. _____
4. _____

Correct Any Bad Habits & Turn Them Into Habits That Serve Me

“A healthy outside starts from the inside.” - Robert Urich

Bad Habit	Good Habit

Good Habits I Want To Enforce By Never Missing Them 2 Days In A Row

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Daily Rituals / Activities That I MUST Do To Turn My Vision Into Reality

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

My Health & Fitness Counter Punch Plan

<i>IF</i> This Happens	<i>THEN</i> I'll Do This

My Health & Fitness Goals

"The Greatest Wealth Is Health" - Virgil



Treat Your Body Like A Temple.
It's Hard To Have A Good Life Without Good Health!

Affirmations / Statements of Fact

"Every Cell In My Body Is Healthy, Vibrant & Alive!"

"I Am Full Of Energy & Vitality!"

"My Mind Is Calm & Peaceful!"

"My Healthy Mind & Body Grow & Improve Every Day!"

"I Am Healthy & Strong! I Always Feel Good!"

"Nothing Tastes As Good As Feeling Healthy & Fit!"

My Health & Fitness Goals - Summary

Goal #1

I WILL _____

By _____

Goal #2

I WILL _____

By _____

Goal #3

I WILL _____

By _____

Goal #4

I WILL _____

By _____

Goal #5

I WILL _____

By _____

My Health & Fitness Goal #1 – Action Plan

I WILL _____

By _____

Because _____

Feelings If Accomplished _____

Feelings If NOT Accomplished _____

I Am Committed To Aggressively Completing The Following Actions To Accomplish My Goal!

I AM / MUST _____

By _____

I AM / MUST _____

By _____

I AM / MUST _____

By _____

I AM / MUST _____

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I AM / MUST _____

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I AM / MUST _____

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I AM / MUST _____

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I AM / MUST _____

By _____

My Health & Fitness Goal #2

I WILL _____
By _____

Because _____

Feelings If Accomplished _____

Feelings If NOT Accomplished _____

I Am Committed To Aggressively Completing The Following Actions To Accomplish My Goal!

I AM / MUST _____
By _____

I AM / MUST _____
By _____

I AM / MUST _____
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I AM / MUST _____
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I AM / MUST _____
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I AM / MUST _____
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I AM / MUST _____
By _____

I AM / MUST _____
By _____

My Health & Fitness Goal #3

I WILL _____

By _____

Because _____

Feelings If Accomplished _____

Feelings If NOT Accomplished _____

I Am Committed To Aggressively Completing The Following Actions To Accomplish My Goal!

I AM / MUST _____

By _____

I AM / MUST _____

By _____

I AM / MUST _____

By _____

I AM / MUST _____

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I AM / MUST _____

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I AM / MUST _____

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I AM / MUST _____

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I AM / MUST _____

By _____

I AM / MUST _____

By _____

My Health & Fitness Goal #4

I WILL _____
By _____

Because _____

Feelings If Accomplished _____

Feelings If NOT Accomplished _____

I Am Committed To Aggressively Completing The Following Actions To Accomplish My Goal!

I AM / MUST _____
By _____

I AM / MUST _____
By _____

I AM / MUST _____
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I AM / MUST _____
By _____

My Health & Fitness Goal #5

I WILL _____

By _____

Because _____

Feelings If Accomplished _____

Feelings If NOT Accomplished _____

I Am Committed To Aggressively Completing The Following Actions To Accomplish My Goal!

I AM / MUST _____

By _____

I AM / MUST _____

By _____

I AM / MUST _____

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I AM / MUST _____

By _____