

My Health & Fitness

My Beliefs About My Health & Fitness

“It is health that is real wealth and not pieces of gold and silver.” - Mahatma Gandhi



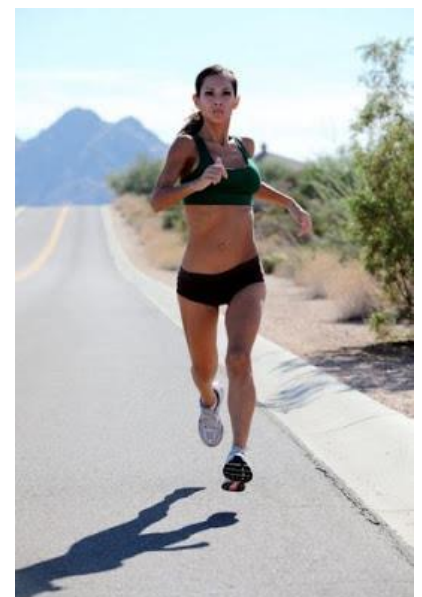
My Vision For My Ideal Health & Fitness

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



My Purpose For Ideal My Health & Fitness

The “Why” & “Because” That Define My Health & Fitness Visions





My Action Plan For My Ideal Health & Fitness

“If you don’t do what’s best for your body, you’re the one who comes up on the short end.” - Julius Erving

Eliminate Any Negative Statements & Replace Them With Empowering Ones

“Some things you have to do every day. Eating seven apples on Saturday night instead of one a day just isn’t going to get the job done.” - Jim Rohn

Negative Statement	Empowering Statement

My Perfect Self

“When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is disease.”
- V.L. Allinear

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

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”
- Edward Stanley

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