

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

Empowering Statements

“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

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

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. _____

Good Habits That Serve Me & Never Miss 2 Days In A Row

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

- Edward Stanley

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

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

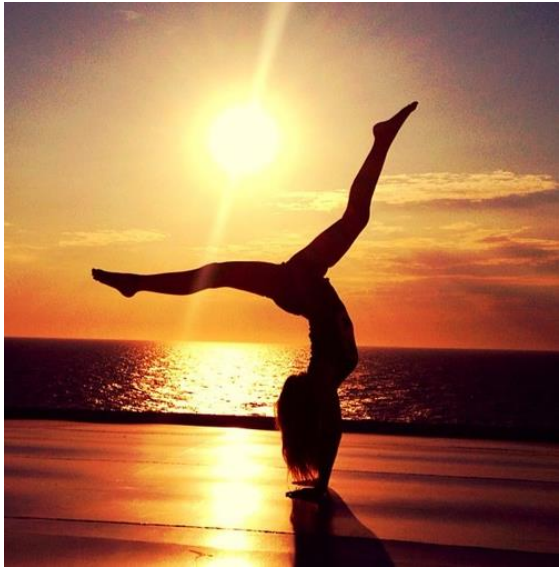
1. _____
2. _____
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My Health & Fitness Counter Punch Plan

<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 When 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 _____

I AM / MUST _____
By _____

My Health & Fitness Goal #2

I WILL _____
By _____

Because _____

Feelings When 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 _____
By _____

I AM / MUST _____
By _____

I AM / MUST _____
By _____

My Health & Fitness Goal #3

I WILL _____
By _____

Because _____

Feelings When 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 _____
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I AM / MUST _____
By _____

I AM / MUST _____
By _____

My Health & Fitness Goal #4

I WILL _____

By _____

Because _____

Feelings When 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 #5

I WILL _____
By _____

Because _____

Feelings When 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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