

Get Fit Rio – 12 weeks of Successful Fitness

Goal Setting

Write down 5 specific goals that you will achieve over your 12 weeks Journey

1.
2.
3.
4.
5.

Reasons

Write down 3 reasons that you have decided to accomplish your 12 week goals

1.
2.
3.

New Life Patterns

Write down 3 life patterns that you will change to be successful and accomplish your goals

1. Old Pattern
New Pattern
2. Old Pattern
New Pattern
3. Old Pattern
New Pattern

I _____ commit to my 12 week journey to successful fitness

Signature

Date