

2021 FITNESS PLANNING PARTY



Day 2 Journaling Prompts

Where has diet culture potentially influenced the fitness goals you've set for yourself in the past? If applicable, how has taking a diet culture approach prevented you from living more fully and freely?

For each of the 4 categories of fitness goals listed below, brainstorm some ideas that interest you to focus on over the next year. This is not meant to be a laundry list, nor does it commit you 100% to what you write down.

- PHYSIQUE:
- PERFORMANCE:
- HABITS:
- QUALITY OF LIFE:

Look at your "fitness interest list" above and circle the things that excite you the most. Then go through the 5 Why Exercise for each of them. Ask yourself "why do I want to achieve this goal?." Then take that answer, and ask yourself why a second time. Repeat 5 times to get to your STRONG motivator.

Look at your "fitness interest list" above and consider the specificity needed to achieve those goals. If you aren't sure, that's okay! Make a note about what you may need to do in order to feel confident you have the answers you need to move forward.