

2021 FITNESS PLANNING PARTY



Day 5 Journaling Prompts

Consider your training from a holistic approach. What other lifestyle factors might need to change to support your workout goals? Get specific.

- Nutrition
- Sleep
- Stress
- Self Talk
- Other

What's the gap between where you are today (point A) and where you want to be (point B) for any of the goals you identified this week? Write down what type of information, guidance, structure, or support you might need to help you build your confidence, close the gap, and get there.

What is ONE step you can take next week to move out of information mode and into implementation mode? Remember, taking action involves more than just getting out there and doing your workout. Examples: setting up your home workout space, having a conversation with your partner about schedules, setting a bedtime reminder, or reaching out for accountability and next best steps. Set yourself up for success!