HEALTH / FITNESS

- How do you define fit? Is this realistic?
- Are you eating in a way that is congruent with "fit".
- Do you have an exercise plan?
- Do you follow it?
- Do you enjoy it? If you don't, you will not stay with it too long.
- Are you up-to-date with your health checkups (doctor and dentist)?
- Can you do what you want to do, with ease?
- Are you happy with the way you look and present yourself?
- If you have a challenge, are you getting the care and help you need?
- _____?

TAKE A FEW MINUTES TO WRITE YOUR ANSWERS.
THEN ASSIGN A NUMBER FROM 0 TO 10.

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HEALTH / FITNESS

NOW - WRITE YOUR VISION OF HOW YOU WANT IT TO BE!

GOALS!

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