



**“GETTING FIT FOR THE REST OF YOUR LIFE ISN’T AN ACT OF
MAGIC. ANYONE CAN LEARN HOW TO DO IT. THE SKILLS
REQUIRED ARE EASILY TAUGHT AND EASILY LEARNED AS WELL.
JUST ABOUT ANYONE CAN PUT THEM INTO PRACTICE, AND FAST.
IN FACT, YOU CAN START TODAY!”**

Bill Baroni

1. What specific body composition outcome would you like to achieve in 60 Days? *(How much weight do you want to lose, muscle gain, inches lost, areas getting tighter)*

2. What specific 3 obstacles do you perceive as a threat to your success? *(What circumstances do you believe exist that will stop you from reaching your specific body composition goals).*

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3. Identify 3 different people who support your specific body composition outcome goals? *(Choose three people whom you communicate with regularly who support your specific body composition outcome goal)*

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4. What fitness routine do you plan to implement and follow to accomplish your specific 60-Day Body composition goal? (Please list a detailed fitness approach that you will follow with frequency. Ex: I plan to strength train at the gym 3 times a week M-T-S for at 45 minutes. I will commit to go on nature walks on days off that last at least 1 hour.)

Use this template as a roadmap to navigate your way towards your fitness goal. The information contained within this template can be transferred to weekly, daily and monthly goals.

Tracking progress: Here are four elements of measurements I use to track progress with all my clients. Have someone take pictures (wear shorts/(W) sports bra, (M) no shirt), inch measurements of the arms, waist and thighs. Use calipers only to have someone take body fat percentage. Finally, weigh-in on a scale you have regular access to. Its bests to weigh in first thing in the morning, little to no clothing (no applicable for public weigh-ins).

Before/After Pictures:

Measurements:

Arm: R L

Waist:

Thigh: R L

Body Fat percentage:

Weight:

Bonus: Create two powerful *Positive Affirmations* that will remind you of your new fitness goal.

Positive Affirmation: positive phrases which you repeat to yourself which describe how you want to be:

“ I have a healthy positive attitude toward my fitness goals”

“I have patience and love for my fitness journey”

Follow these steps when creating *Positive Affirmations*:

- Always phrase your affirmations in the present tense. For example, if your goal is to find a job, don't say “I will have a job”, using the future tense. Say, “I have a well-paying and wonderful job, which I love and enjoy”.

- Use only positive and constructive words describing what you really want to attain.

- Be specific. Tell your mind exactly what it is you want.

- It is advisable to keep affirmations short and easy to remember.

- You may repeat affirmations aloud, mentally or by writing them down.

2 Positive Affirmations:

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