

Mind and Body Fitness !

Use or lose it!

The solution to getting in shape seems simple.....your mind holds the key!
The mind guarantees weight loss success and your future weight management.
The mind is the most important part of getting the body you want and keeping it.

The following worksheets are from the [Fitness Makeover Kit](#). A three part approach to permanent weight loss and getting your body in the best shape ever!

The [Fitness Makeover](#) program is designed to teach you to take control of your life! With this program you CAN gain confidence and self esteem and get more of what you want. You CAN achieve a tone body without hours in the gym or starvation diets. The [Fitness Makeover](#) teaches you to reprogram your body *and* mind to work together for you, not against you.

You will continue to fail as long as you continue your old diet and exercise ways.
Use these goal worksheets and the websites to plan a new way to reach your goals for the new year!

GOAL WORKSHEETS INCLUDED:

PART I: PRIORITIES

PART II: EXPECTATIONS & MOTIVATIONS

PART III: GOAL INVENTORY

PART IV: GOAL ROADMAP (blueprint): STEPS AND CHECKS

PART I: GOAL WORKSHEET

Use this to help you define your goals.

Date:

My goal is to

- Lose Weight
 - How Many Pounds? _____

- Firm and Tone
 - Arms
 - Chest
 - Shoulders
 - Back
 - Legs

- Strengthen
 - Arms
 - Chest
 - Shoulders
 - Back
 - Legs

- Rehabilitate
 - Shoulder
 - Knee
 - Elbow
 - Back
 - Neck
 - Other _____

In order to reach my goal I am willing to:

- Follow a nutrition plan
- Exercise with a trainer
- Exercise on my own
- Take meals to work
- Cook my own food
- Give honest feedback to my trainer

PART II: PRIORITIES

1. FUTURE

Choose three realistic actions (or write) that you could do to improve your current health.

Eat more protein foods

Eat less sweets

Eat bread once a day only

Schedule time for exercise

Use stairs

Keep a food diary

1. _____
2. _____
3. _____

2. PRIORITIES

Using the list above, select your top two goals in order of importance.

1. _____
2. _____

3. MOST IMPORTANT PRIORITY

Select one of the above which you consider as the most important health-related fitness priority for you, and one which you would really like to work on during the 6-week program. Write that goal below and set dates for starting towards and reaching that goal.

GOAL: _____

TARGET DATE: _____ START DATE: _____ COMPLETION: _____

4. HELPS & HINDRANCES

What will help you reach your goal ?
(Constructive behavior)

What will stand in the way?
(Destructive behavior)

What will help you reach your goal ? (Constructive behavior)	What will stand in the way? (Destructive behavior)

5. HOW DO YOU GET THERE?

Establish a mental model. Think about the people, steps and dates you must consider to reach your goals. In order to be successful you must have a plan and follow specific steps! Identify items for each of the three categories that help with your goals.

1. People _____
2. Steps _____
3. Dates _____

PART III: EXPECTATIONS & MOTIVATIONS

Identify three health problems that can be improved as a result of your personal fitness program. Choose from the list or write your own.

Blood pressure

heart

strength of joints and muscles

stamina

weight

stress

1. _____
2. _____
3. _____

With one (1) being the most important and six (6) being the least important, rank the following contributions of a personal fitness program, in terms of their importance to you.

_____ Appearance

_____ Health

_____ Enjoyment and satisfaction

_____ Relaxation

_____ Slowing the aging process

_____ More energy

As a result of participation in a personal fitness program, which of the following improvements would you expect in your appearance?

- Improved posture
- Muscle tone
- Efficient body movement
- Less fat tissue
- Improved complexion

List three goals of personal fitness you would like to achieve in the next three months.

1. _____
2. _____
3. _____

PART IV: GOAL INVENTORY

TODAYS'S DATE _____

1. WHAT I WANT TO ACHIEVE

My goals for the time period from
_____ to _____

2. WHY I WANT TO ACHIEVE THESE GOALS

These goals are important to me because:

3. WHAT AM I WILLING TO DO FOR MY GOAL

I am willing to do almost anything within reason to reach my goals, with the exception of
(be specific):

4. I CAN EXERCISE ON THE FOLLOWING DAYS PER WEEK: (CIRCLE AS MANY AS APPLY)

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5. ON THOSE DAYS I CAN EXERCISE FOR (HOW LONG)

_____ MINUTES

6. WHEN I ATTAIN MY GOAL, THIS IS WHAT I WILL RECEIVE:

7. THIS IS HOW I WILL FEEL:

PART V: GOAL ROADMAP: STEPS AND CHECKS

GOAL OUTCOME:

GOAL DATE:

GOAL STEPS

DAILY:

WEEKLY:

MONTHLY:

GOAL CHECKS

For example: Check-in at the Fitness Forum at <http://allinoneworkout.com/smf>

DAILY:

WEEKLY:

MONTHLY:

The Diet Cycle

1. The Diet Begins
2. Rapid weight loss is actually muscle loss
3. Muscle loss slows your metabolism
4. A slower metabolism causes you to gain more weight after diet stops
5. You restart another diet
6. The cycle continues until you make the effort to change it!

You can end the cycle with the right workouts and nutrition information. Visit Fitnessmakeover.com and allinoneworkout.com for fitness information that can change your body and your life!

