

"Failing to plan is planning to fail"

**PLANNING WORKSHEET FOR HEALTHY LIVING SUCCESS**



<b>NAME</b>	<b>DATE</b>			
<b>Fitness GOALS</b> these are physical accomplishments	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>
<b>MOTIVATION</b> (WHY do you want this VALUE)				
<b>CHALLENGES</b> (things in the way)				
<b>SOLUTIONS</b> (to overcome the challenge(s))				
<b>Activity GOALS</b> these are not related to accomplishments <small>examples would be walk to work, taking stairs, go skiing, dance class etc. just moving activities</small>	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>
<b>MOTIVATION</b>				
<b>CHALLENGES (VICES)</b>				
<b>SOLUTIONS</b>	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>
<b>comments</b>				

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<b>NAME</b>	<b>DATE</b>			
<b>LIFESTYLE GOALS</b>	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>
<b>MOTIVATION (WHY)</b>				
<b>CHALLENGES</b>				
<b>SOLUTIONS</b>				
<b> </b>				
<b>NUTRITION GOALS</b>	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>
<b>MOTIVATION</b>				
<b>CHALLENGES (VICES)</b>				
<b>SOLUTIONS</b>	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>
<b>comments</b>				