

Fitness Goals

Checklist

- 1. Set Realistic Goals**
- 2. Prep Workout Gear**
- 3. Make Ahead Meals**
- 4. Lean On Me (Support)**
- 5. Forgive Yourself**
- 6. Let Music Guide You**
- 7. Pick a Goal Item**

Stay On Track All Year When You
Do These 7 Things