

**CURRENT SITUATION**

**Where are you currently?**

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**FUTURE SITUATION**

**Where do you want to go?**

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**CHANGES REQUIRED OF YOU**

**How are you going to get there?**

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**WHAT IS IT I NEED TO DO ASAP?**

**List 7 action items that you can do immediately to help you achieve your goal:**

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	

**COMMIT**

- I WILL reach my goal of becoming healthier, playing better, and feeling better!
- I am COMMITTED to working out 3 times per week, eating properly, and developing healthier habits I need to consistently lose fat!
- I DEDICATED the next 42 days to improving my health and feeling better - starting today!

Signature: \_\_\_\_\_ DATE \_\_ / \_\_ / \_\_\_\_