



*curved*

FITNESS

PERSONAL TRAINING

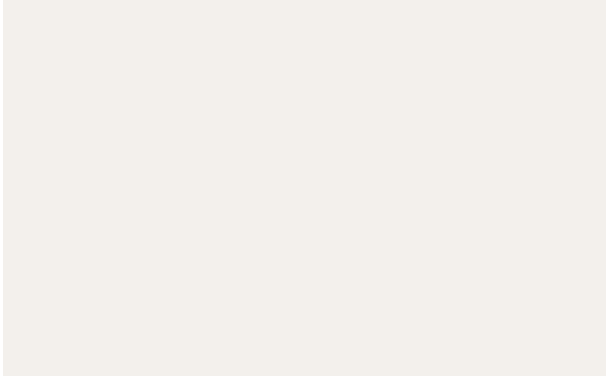
# MY VISION BOARD

HOW WILL YOUR FITNESS JOURNEY MAKE AN IMPACT:

PERSONAL



HEALTH



FAMILY



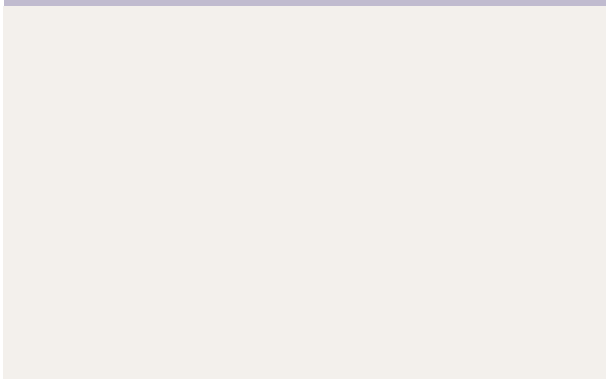
MARRIAGE



OCCUPATION



LIFESTYLE



# BODY-LOVE JOURNAL

REFLECT ON HOW INCREDIBLE YOUR BODY IS.  
DO THIS BI-WEEKLY

I'M GRATEFUL FOR:

- 
- 
- 

AFFIRMATIONS:

- 
- 
- 

THINGS I'M PROUD OF:

- 
- 
- 
- 

I LOOK FORWARD TO:

- 
- 
- 
- 

LOVE NOTE TO YOUR BODY

# MONTHLY REFLECTIONS

## WEEKLY WINS

WEEK 1	WEEK 2	WEEK 3	WEEK 4

FITNESS GROWTH

MINDSET GROWTH

NUTRITION GROWTH

NEXT STEPS

# MONTHLY REFLECTIONS

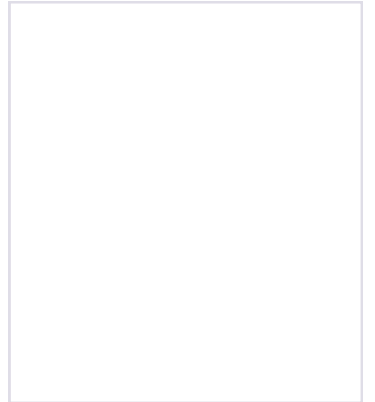
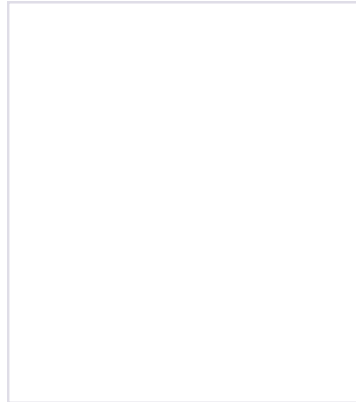
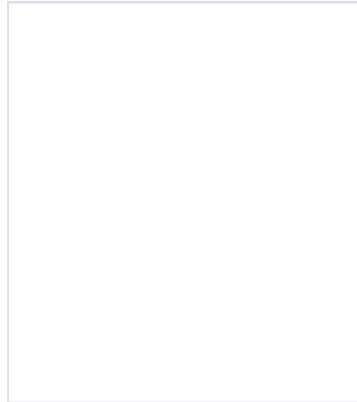
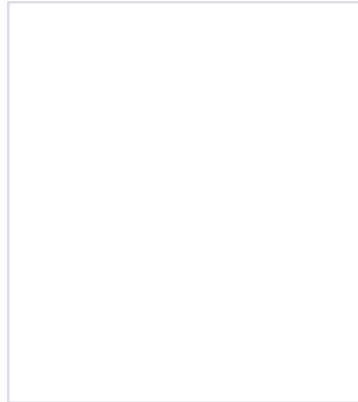
## WEEKLY WINS

WEEK 5

WEEK 6

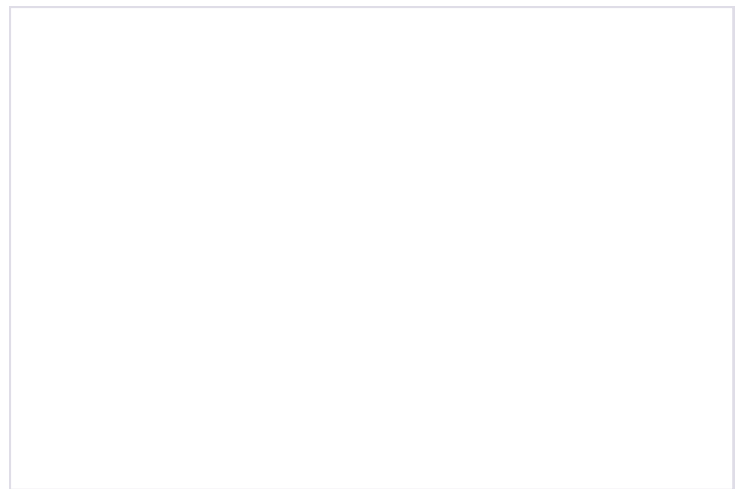
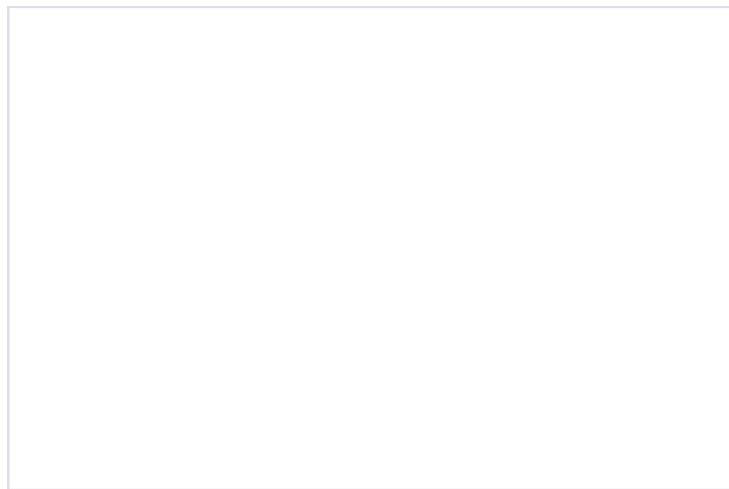
WEEK 7

WEEK 8



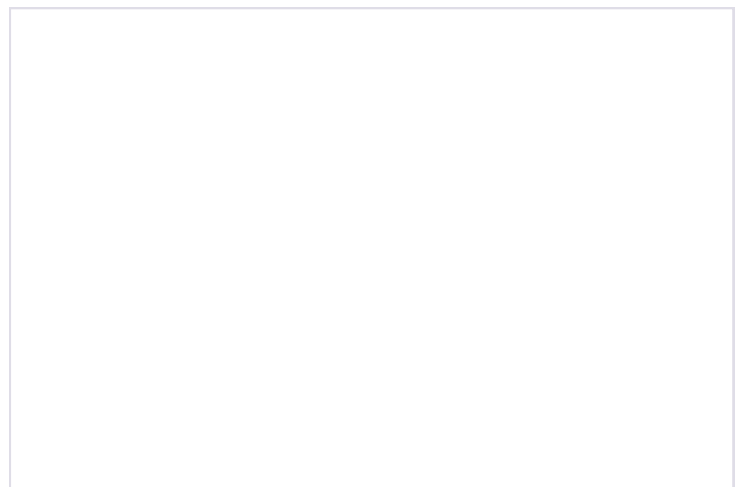
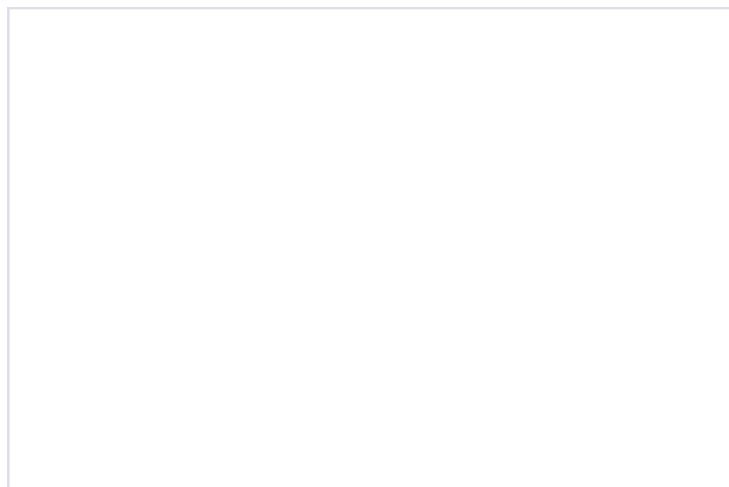
FITNESS GROWTH

MINDSET GROWTH



NUTRITION GROWTH

NEXT STEPS



# MONTHLY REFLECTIONS

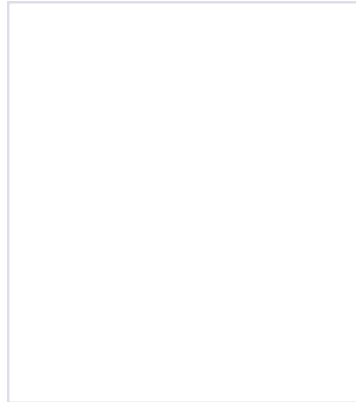
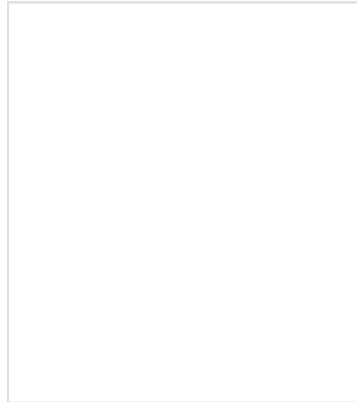
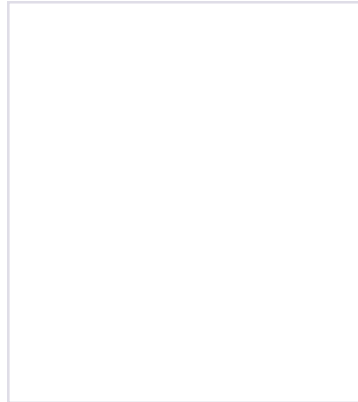
## WEEKLY WINS

WEEK 9

WEEK 10

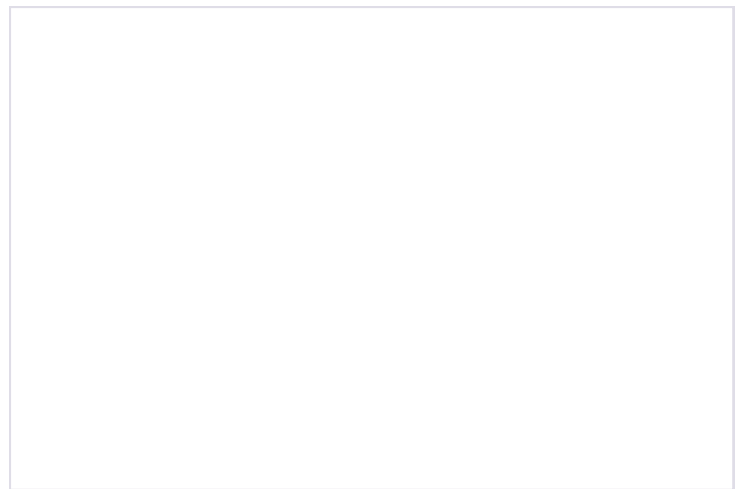
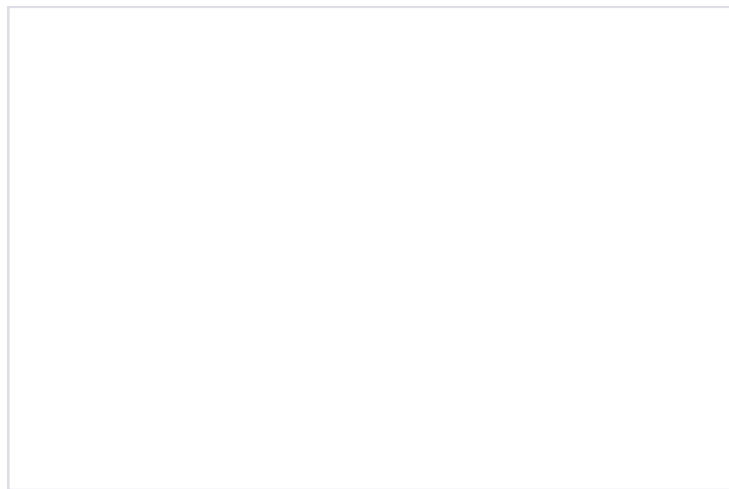
WEEK 11

WEEK 12



FITNESS GROWTH

MINDSET GROWTH



NUTRITION GROWTH

NEXT MONTH'S FOCUS

