

GOAL TRACKER

ACHIEVE
YOUR DREAMS

ONE STEP
AT A TIME

Started on: MM/DD/YYYY

TASK	MON	TUE	WED	THU	FRI	SAT	SUN
Prayer/ Gratitude exerc							
*Core exercise							
Green drink							
Meditation/ Affirmation							
Reading/ Journaling							
Outside walk/ jogging							
*Arms/posture pm							

These are my tasks I keep taking continuous action on, in order to improv my life. Feel free to choose your own exercises according to your needs; *Core, Legs, Arms, Back, Posture, Flexibility, what you feel a need to improve on. You find a good selection of exercises on You-Tube if you need inspiration. I have a short morning meditation in my library that you can start your day with. I also have a Pdf with affirmations as inspiration for you to start creating your own. We all have different goals and aspirations and there is nothing more powerful than your own words.

I don't exercise every day. Copy what suites you, but you need to take continuous action in order to see change in your life. Based on many years of training I know that twice/week will keep you on the same level, the third time starts elevating your level and every additional time will bring the visible results.

You are the only one responsible for your well being, and the quality of the life you aim to live.