



# Russell Fitness Habit Change Action Pack Week 6

## Task 1

Set your goals

Download our GOAL SETTING pack and map out your next 90 days with realistic benchmarks and targets that are clear, concise and something that you TRULY want to achieve!

Use the video linked up on the worksheets (*you will need to be a member of RF online to watch the video – see below*) to help you lay out a path that you can follow and start achieving great things every single day!

## Task 2

Get the support and accountability that you need

Consider becoming a member of RF online where you can get support, more accountability, online workouts, video coaching, recipes and all of your questions answered so that you can keep the consistency and motivation that you need to strive toward your results.

You can become a member by following this link:

<https://www.russellfitness.co.uk/product/online-membership/>

**SPECIAL INTRODUCTORY OFFER: If you sign up today, you will be able to become a member for just £1 for your first month. Each month thereafter will be £9.99.**

## Task 3

Be accountable to your new habits

Download your 30 day habit change tick sheet and begin to take responsibility for the choices that you are making each day.

There are gaps to fill in your own habits if you want to add any, but for the main part, aim to complete as many of the habits that are listed on a daily basis.

These have been designed and selected for their effectiveness in getting powerful and fast weight loss results.

**You can download all resources from the last 6 weeks from our RESOURCE portal**

**Find your resources here:**

<https://www.russellfitness.co.uk/habitchange-resources>