

MY FITNESS GOALS



TRINITY TRAINING

FITNESS > NUTRITION > COACHING

DATE :

MY OVERALL GOAL IS

THE ESTIMATED TIME IT'S GOING TO TAKE

MY SMALLER GOALS TO REACH MY OVERALL GOAL

I AM DOING THIS BECAUSE

PEOPLE WHO ARE GOING TO HOLD ME ACCOUNTABLE

THE MOST CHALLENGING PART ABOUT THIS JOURNEY WILL BE

HOW I PLAN TO OVERCOME THESE CHALLENGES

A LETTER TO MY SELF WHEN I FEEL WEAK

