

Fit and Fab Program

Last Week: Category: _____

What were the 3 actions you choose?

1) _____

2) _____

3) _____

Did you do them Fully or Partially? _____

How do you Feel about doing them? _____

What did you notice about yourself of the exercise itself?

My reward for Completing my 3 actions in this category:

Did you take your reward? Yes or No

Category:_____

Date:_____

What do I really want? Write 3 things I specifically want in this category? — from the HEART (Close your eyes, head on heart, breathe deeply)...

1. _____

2. _____

3. _____

Star (*) ONE of the above that I will focus on today?

Decide

1st: **Why** is this IMPORTANT to ME?

2nd: What is the **PAIN** in not having exactly what I said I want- what is it costing me to not do/have and how does it make me feel?

3rd: **What will it be like, or feel like** when I have exactly what I want (in this category)?

Why don't I have exactly what I said I want (in terms of this category)? *** this is often the missing link to our success -

Design

Write out a plan of action to accomplish this goal. What do you need to have in place? (information, assistance from others,

DO **Get into Action**

My first 3 steps to make improvements must be simple, doable and must be completed before next weeks call

*Warning: work within 30 minute time slots. If your action step takes longer than 30 minutes you risk the possibility of procrastination and not completing the action step!

1) _____

2) _____

3) _____

Declaration:

I, _____ do hereby commit to completing

1) _____

2) _____

3) _____

before next weeks call, no matter what.

Signed: _____

REWARD: My reward for completing all 3 steps will be: _____

REVIEW

(write Yes)	Doing	Going to
3 Action steps for this week:	week of:	be done by
		Finished
1.	_____	_____
2.	_____	_____
3.	_____	_____

My Actions to maintain (exactly same Actions as previous week, repeated)

1. _____
2. _____
3. _____

Actions to Complete (same Plan as previous week(s) with different actions)

1. _____
2. _____
3. _____