



WHAT'S YOUR ONE WORD?

YOUR WHY

Explain your One Word with a statement or a quotation

WORKOUTS

Commit to 3-5 workouts a week (150-200 workouts/year) and you can't get out of shape

POWER LIST

3-5 habits you commit to DAILY. They will change your body forever.

-
-
-
-
-

NUTRITION

17+ compliant meals per week—your meals are as important as your workouts

HYDRATION

Water is the #1 fat burner on the planet

MEMBER NAME	
DATE	APPROVED
FITNESS PLAN	
2021	