



WHAT'S YOUR ONE WORD?

YOUR WHY

Explain your One Word with a statement or a quotation

ACTIVITY

Move more. Stress Less. Write 3-5 ways you can create more movement into your day.

POWER LIST

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

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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	
FITNESS PLAN	
2023	