

GOAL TRACKER

MAIN GOALS

1: Build a healthier relationship with food

2: Start journaling

3: Build routine and purpose in the gym

4: Improve energy levels

GOAL 1

ACTION STEPS

- 1:** Practice intuitive eating habits

- 2:** Implement certain practices from the intuitive eating guide

- 3:** Reflect weekly
Journal once a week: What felt good this week? What felt off? What's one small tweak I can try?

GOAL 2

ACTION STEPS

- 1:** Commit to just 2–5 minutes a day, ideally in the morning or evening.

- 2:** Pick a simple daily prompt like: “How do I feel today?” or “3 things I’m grateful for today”

- 3:** Keep your journal in sight (bedside or desk) and link it to an existing habit (e.g. right after brushing your teeth).

GOAL 3

ACTION STEPS

- 1:** Use a structured plan as a daily guide
Choose specific gym days and times that fit your life—treat them like appointments.

- 2:** Celebrate Consistency
Acknowledge every week you show up—progress comes from repetition, not perfection.

- 3:** Train with intention
Go in with a focus, what are you training for? Performance, strength, balance, flexibility or even just mindfulness.

GOAL 4

ACTION STEPS

- 1:** Aim for 7–9 hours of sleep and honor rest days to support physical and mental energy.

- 2:** Drink water throughout the day—fatigue is often dehydration in disguise.

- 3:** Eat balanced meals with a focus on protein, fiber, and healthy fats to avoid energy crashes.
