

Simply print this sheet and answer the questions to identify your outcome goal, followed by three behavioural goals you'll commit to that will help you succeed with your health and fitness.

What's the single, most important OUTCOME goal for you to achieve right now? E.g. Lose 25kg in 25 weeks...

Now, choose three BEHAVIOUR goals (that you have control of) that will help you achieve the above goal. E.g. "I commit to exercising for 30 minutes per day for the next 6 weeks"

1) _____

2) _____

3) _____

Now, keep this in a place where you'll see it every day. Soon, you'll see some amazing progress towards your goal. Focus on the behavioural goals, and the outcome goal will take care of itself.