



CALENDAR:

Weight: 184 lbs	Measurements before/after:
Weight at the start: 184 lbs	Breast: 44 cm / 40 cm
Weight 1 month: 178 lbs	Waist: 50 cm / 40 cm
Weight 3 months: 162 lbs	Hip: 55 cm / 48 cm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 hr circuit training @ 5pm	1 hr Zumba @ 5:30 pm	Walking (30 min)	1 hr Yoga @ 5:30	2 hrs: Cleaning the house	Gardening	1 hr Hiking @ 11 am

GOALS

GOAL	ACTION STEPS	TIME TO REACH	RESULT (date)	RESULT (date)
Fit into my goal dress size and get in better shape	Follow my calendar for activities	1 year	I'm fitting into my dress!!	I sleep better
	Eat healthy		I feel so good	I'm happier
	Add a Rainbow of veggies to my nutrition plan		I have more energy	I feel good about myself

SHORT TERM GOAL	ACTION STEPS	TIME TO REACH	RESULT (date)	RESULT (date)
Losing 1-2 pounds/week for a total of 4 pounds (1 month)	Complete my diary	1 month	Lost 6 pounds!	More energy
	Be careful about what I eat		Lost some inches around my waist!	Can play with my kids
	exercise			

LONG TERM GOAL	ACTION STEPS	TIME TO REACH	RESULT (date)	RESULT (date)
Losing 20 pounds	Watch what I eat	6 months	Lost 22 pounds!	Eat 3 meals/day and 3 snacks
	Reduce alcohol consumption		No more processed food	Exercise at least 30 min/day☺
	Eat fresh food		Eat way more veggies	



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GOAL

GOAL	ACTION STEPS	TIME TO REACH	RESULT (date)	RESULT (date)

SHORT TERM GOAL	ACTION STEPS	TIME TO REACH	RESULT (date)	RESULT (date)

LONG TERM GOAL	ACTION STEPS	TIME TO REACH	RESULT (date)	RESULT (date)

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