



WEEKLY GOALS

THE WEEK OF: / / - / /

GOAL 1

GOAL 2

GOAL 3

HOW WILL I GET THERE?

HOW WILL I GET THERE?

HOW WILL I GET THERE?

HOW DOES THIS CONTRIBUTE TO MY MONTHLY GOALS?

HOW DOES THIS CONTRIBUTE TO MY MONTHLY GOALS?

HOW DOES THIS GOAL CONTRIBUTE TO MY MONTHLY GOALS?

WHAT WORKOUTS DO I WANT TO DO THIS WEEK?

WHAT RECIPES DO I WANT TO TRY THIS WEEK?

WHAT HABITS WILL I ENFORCE THIS WEEK?

END OF WEEK REVIEW

DID I REACH MY GOALS THIS WEEK?

GOAL 1 GOAL 2 GOAL 3
YES / NO YES / NO YES / NO

DID I COMPLETE ALL MY WORKOUTS THIS WEEK?

DID I STICK TO MY HABITS THIS WEEK?

WHAT DO I NEED MORE OF NEXT WEEK?

WHAT DO I NEED LESS OF NEXT WEEK?

MY FAVOURITE MOMENT THIS WEEK WAS...



WEEKLY GOALS

THE WEEK OF: 1/3/21 - 7/3/21

GOAL 1

Complete all 5 workouts this week.

GOAL 2

Get up half an hour earlier in the morning to give myself more time in the day.

GOAL 3

Shut my work laptop at 5pm and no going back till the following morning.

HOW WILL I GET THERE?

Make sure I know which workouts I want to do and have a great playlist ready to do them with!

HOW WILL I GET THERE?

Make sure I go to bed at a reasonable time the night before so I have had enough sleep and don't snooze my alarm.

HOW WILL I GET THERE?

Set an alarm on my phone for 4:30pm so I know I have half an hour left and can finalise anything urgent before 5pm.

HOW DOES THIS CONTRIBUTE TO MY MONTHLY GOALS?

This will help my overall fitness for my running and the NRF Challenge!

HOW DOES THIS CONTRIBUTE TO MY MONTHLY GOALS?

The extra half an hour will give me extra time for me! Either reading or working out.

HOW DOES THIS GOAL CONTRIBUTE TO MY MONTHLY GOALS?

A better work / life balance so I can run or read my book!

WHAT WORKOUTS DO I WANT TO DO THIS WEEK?

Lower Body Build, Upper Body Build, Core, Peach Perfect and Full Body Burn!

WHAT RECIPES DO I WANT TO TRY THIS WEEK?

Baked Oats and Chicken Pasta with cream cheese & veg!

WHAT HABITS WILL I ENFORCE THIS WEEK?

Work finished by 5pm, in bed by 9:30pm and no phone past 8:30pm.

END OF WEEK REVIEW

DID I REACH MY GOALS THIS WEEK?

GOAL 1 YES/NO GOAL 2 YES/NO GOAL 3 YES/NO

DID I COMPLETE ALL MY WORKOUTS THIS WEEK?

YES! Every single one!

DID I STICK TO MY HABITS THIS WEEK?

No, I didnt manage to get to bed by 9:30 so it was hard to wake up in the morning.

WHAT DO I NEED MORE OF NEXT WEEK?

More rest! Get to bed on time.

WHAT DO I NEED LESS OF NEXT WEEK?

Comparing myself to others on the internet.

MY FAVOURITE MOMENT THIS WEEK WAS...

When I completed my final workout! I felt so good and proud of myself.