

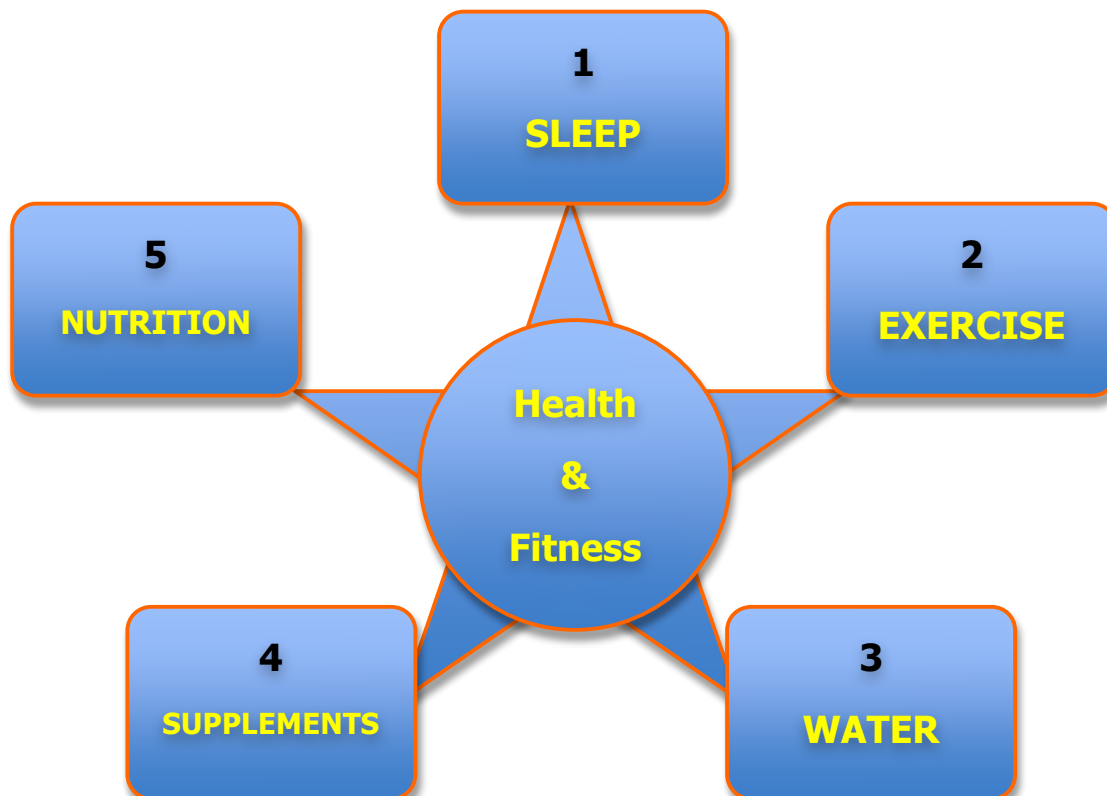


## ***Fitness Action Plan***

1. Define Your Fitness Mission & Goals – Define your Purpose, your “Why” for each of your long-term goals, its importance to you, and when they will be accomplished. What you will be, do, and have as a result of achieving those goals? Dedicate your mind to this one – It is one of the most valuable steps in achieving your goals because it is what you will refer back to time and time again to keep you focused on your commitment to yourself.

2. List Your Tactics - These will be your short-term goals to make the long-term goal happen. With each tactic, define how that supports the long-term goal.

Here are 5 excellent Tactics to be the Foundation for your reaching your Health & Fitness Long-Term Goal(s). (These are not listed in order of importance)



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3. Develop your Strategies - Your Strategies are what move your Tactic(s), and are limitless. Your strategies are what you use to nourish your tactic on a CONSISTENT basis to grow and develop over time. The *Follow Through* on these strategies is what creates momentum, and new lifestyle habits for a better you.

4. Make a List the Tasks to meet the objectives of each strategy, and the necessary frequency of each of those Tasks? The Tasks are the actual actions that you will take on a daily and/or weekly basis to be successful with each strategy. These Tasks may apply to more than one strategy.

5. Create your Schedule - Nowadays it's easy to create a schedule, with reminder alarms if necessary, on our smart phones/personal computers. I suggest that you to take advantage of this valuable tool by scheduling Tasks that can be allotted a time of day to be accomplished. Other Tasks that don't apply to a time of day can be checked off in your calendar to do list. Sundays or Monday mornings are excellent times to spend about 10-15 minutes plotting your weekly and daily Tasks. Those times are also a good time to glance over your entire action plan to stay connected to what you are doing and why you are doing it.

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Strategy-2) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Stragetgy-3) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Strategy-4) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

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## Tactic - 2 \_\_\_\_\_

### Strategy-1) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

### Strategy-2) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

### Strategy-3) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
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- e.
- f.
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Strategy-4) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

**Tactic - 3** \_\_\_\_\_

Strategy-1) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Strategy-2) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

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Stragetgy-3) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Strategy-4) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

**Tactic - 4** \_\_\_\_\_

Strategy-1) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

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Strategy-2) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Stragetgy-3) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Strategy-4) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

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**Tactic - 5** \_\_\_\_\_

Strategy-1) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Strategy-2) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Strategy-3) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

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Strategy-4) \_\_\_\_\_

Tasks with Frequency/Start & Due Dates

- a.
- b.
- c.
- d.
- e.
- f.
- g.

Create Your Schedule of Tasks in your weekly calendar.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

*Notice: The information contained on this worksheet is for educational purposes only, and should not be construed as medical advice. You should consult a physician before beginning a new diet or exercise program. The results, if any, from the exercises may vary from person-person. Engaging in any exercise or fitness program involves the risk of injury. Advanced Athletics, Inc. is not be liable for any claims for injuries or damages resulting from or connected with the use of this worksheet. Advanced Athletics cannot answer specific questions about your fitness condition without first establishing a trainer-client relationship.*

**Call or Email to schedule your Complimentary  
30-Minute Assessment.**

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