

Fit For Today

Thousands upon thousands are waiting in the valley of decision. There the day of the Lord will soon arrive.

Joel 3:14

Sunday - Church? Pick a Day of Rest and give your body a break. Mine is Monday.

Monday: Record you actions and daily weight. Circle a happy, lost or sad face. Did you ask for help?

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Tuesday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Wednesday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Thursday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Friday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Saturday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Write down your fitness goal everyday this week. Write it until it directs your decisions. "Thousands upon thousands are waiting in the valley of decision." This week, be the one to leave the valley. The one who makes a positive decision for life every day, has a plan, and puts it into action. Together, we can!

5 Simple Steps

- 1. Eat Less... Move More** - let's make it our mantra! **Eat to Live.** Don't Live to Eat!
- 2. Weigh Yourself** - ONCE A DAY- Keep a written record. Weekly weigh in for class.
- 3. Target 1600** Positive Calories Daily. Up the protein! Add raw fruit & vegetables.
- 4. Build & Keep a Winning Exercise Routine**- Do it until you look forward to it!
Journal your workouts: what you did, weather, feelings, etc... Invite a friend along.
- 5. Have a Goal!** Make it simple. Be a weight loss winner **NOT** a whiner.

Nobody wants to hear about your diet until you're losing weight they can see.

When we live in our excuses, we're stuck in our regrets.

When we eliminate our excuses we begin to eliminate our regrets.

remember... simple doesn't mean it's easy.

My Weight on December 15, 2015 Will Be _____

weekly weigh in work sheet

9/29/15 _____	lost _____	11/10/15 _____	lost _____
10/6/15 _____	lost _____	11/17/15 _____	lost _____
10/13/15 _____	lost _____	11/24/15 _____	lost _____
10/20/15 _____	lost _____	Happy Thanksgiving!	
10/27/15 _____	lost _____	12/1/15 _____	lost _____
11/3/15 _____	lost _____	12/8/15 _____	lost _____
		12/15/15 _____	lost _____

The difference between success and failure is a decision. It's a decision we make and keep every day. Our decision determines the direction of our daily actions and behaviors. Commit to WIN with Fit for Today!