

# TODAY I FEEL POWERFUL!

What are the driving forces that will push me to take action on my health and fitness goals?

---

---

---

---

My 3 main health/fitness/wellness goals are...

- 1 

---
- 2 

---
- 3 

---

The 3 habits I will adopt to create positive momentum are...

- 1 

---
- 2 

---
- 3 

---

I will update this person on a weekly basis...

Accountability Partner(s):

---

I will ask this person about any health/fitness questions I have...

Advice Partner(s):

---