



FIT PLAN



GOALS + BEFORE STATS

And so she decided to start living the life she'd imagined...

HOW I FEEL NOW

STARTING STATS

Weight ____
Chest ____
L. Arm ____
R. Arm ____
Waist ____
Hips ____
R. Thigh ____
L. Thigh ____

GOALS

Weight:

Fit into:

Feel:

Be able to DO:

ACTION PLAN

Workout:
Meal Plan:
Struggles:








Additional Things Work on:








MY WHY:



MY COMMITMENT LETTER TO MYSELF



I, _____ COMMIT to following through with the program
_____ for the full _____ days. I will spend FOCUSED TIME dedicated to
improving myself, my health and my wellness. I will check in with my Coach on a weekly basis,
and spend focused time in Glam Squad to do the challenges that will help in my journey to live
out my BEST SELF.

Signed,

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

PROGRESS REPORT

Send your stats to your Coach on a WEEKLY basis

Week 1 Overview:

Stats

Weight:

Measurements:

Chest: --

L. Arm: --

R. Arm: --

Hips: --

Waist: --

L. Thigh: --

R. Thigh: --

Total Inches Lost: --

Take PROGRESS pictures

What did you struggle with most?

What can you do this week to help with your struggle?

What are you proud of?

Week 2 Overview:

Stats

Weight:

Measurements:

Chest: --

L. Arm: --

R. Arm: --

Hips: --

Waist: --

L. Thigh: --

R. Thigh: --

Total Inches Lost: --

Take PROGRESS pictures

What did you struggle with most?

What can you do this week to help with your struggle?

What are you proud of?

Week 3 Overview:

Stats

Weight:

Measurements:

Chest: --

L. Arm: --

R. Arm: --

Hips: --

Waist: --

L. Thigh: --

R. Thigh: --

Total Inches Lost: --

Take PROGRESS pictures

What did you struggle with most?

What can you do this week to help with your struggle?

What are you proud of?