

Name _____ Start Date _____ Mid Date _____ Future Date _____

Priority	CHALLENGE	SCORE 1 v.poor, 2. Poor, 3.ok, 4.Good, 5. V Good	ACTION	TIMEFRAME TO ACHIEVE OBJECTIVES	RESULT = FINAL SCORE
	SUGAR				
	PROCESSED FOOD				
	ALCOHOL				
	BREAD				
	PASTA/RICE/POTATOES				
	CEREALS				
	SWEETS				
	CAKES				
	CHOCOLATE				
	MILK				
	CHEESE				
	YOGURT				
	COFFEE/TEA				
	EGGS				
	VEG				
	FRUIT				
	NUTS & SEEDS				
	MEAT				
	POULTRY				
	FISH				
	OILS				
	WATER				
	SUPPLEMENTS				
	WORK OUTS				
	SLEEP				

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