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We all need a map to follow. Use this chart to list the areas you're improving and how you will accomplish your success. The second chart should be used to track your weekly progress and report to me.

Recommendations

	Nutritional	Cardio	Flexibility	Strength	Psychological	Cognitive
Mode						
Duration (Minutes/day)						
Frequency (times/week)						

Weekly Road to Success

New fun things to do this week:	Monday's Date:	MO	TU	WE	TH	FR	SA	Rate each category 1-10, 1 is worst, 10 is best	Weight: NOTES:
	Exercise							Energy-	
	Body Work							Physical-	
	# bottles of H2O drank							Emotional -	
	Orthopedic concerns							Mental-	