

# My Fitness Timeline



DATE

7/7/19

MY GOAL:

To drop a jeans size in 8 weeks.

**week 1** - I will:- Attend Body SMART x 2  
I will:- cut out refined snacks

**week 2** - I will- Attend Body SMART x 2  
I will- cut out all refined foods.  
I will- Attend Saturday Boxfit.

**week 3** I will - Attend Body SMART  
I will - work on portion control  
I will - attend + 2 fitness classes  
I will - increase my protein intake.

**week 4-5** I will - Attend Body SMART  
I will - increase the nutritional density of my meals.  
I will - Attend + 3 fitness classes  
I will make sure I get enough sleep.

**week 6-8** - I will attend Body SMART  
- I will play tennis - 1hr - I will swim - 1hr.  
I will attend + 2 fitness classes. I will try out some new recipes.