

# THE FITNESS ROADMAP CHECKLIST

The first step is the hardest, but you can do it!

## GOALS

What do I want to accomplish? \_\_\_\_\_

How do I want to improve my health and well-being? \_\_\_\_\_

\_\_\_\_\_

## WHAT IS YOUR WHY?

Why do you want to do this? \_\_\_\_\_

## YOUR ASSESSMENT

Complete this section to build a plan that make sense for YOU. We all have something! You simply need to know what you need to work around to create a healthier lifestyle.

Where am I? Height, weight, blood pressure, other? \_\_\_\_\_

Check with my doctor

What is my history? \_\_\_\_\_

What is my genetic background? \_\_\_\_\_

What is my current condition? Do I have health challenges or injuries? \_\_\_\_\_

\_\_\_\_\_

Are there other issues that I should be aware of as I design my fitness roadmap? \_\_\_\_\_

\_\_\_\_\_

## MY GOALS

What are my specific goals? These can be related to weight, other health numbers, your ability to move, flexibility, etc.

\_\_\_\_\_

\_\_\_\_\_

**MY INTENTIONAL PLAN:** *This will be something that I CAN do!*

What do I need to do to move from Point A to Point B? \_\_\_\_\_

\_\_\_\_\_

How will I do that? \_\_\_\_\_

What access do I have? \_\_\_\_\_

What kind of time do I have? How will I make time in my schedule? \_\_\_\_\_

\_\_\_\_\_

What do I need to start? \_\_\_\_\_

I will start by (*What will you do?*) \_\_\_\_\_

I will start a food diary so I can monitor my daily intake: \_\_\_\_\_

What is your food intake? *Watch for processed foods, starchy carbohydrates; read labels*

\_\_\_\_\_

\_\_\_\_\_

*I won't feel bad because I can't do everything all at once. I will start, and I will progress!*

**MEASURING MY PROGRESS?**

How will I measure my progress? \_\_\_\_\_

*It takes about 30 days to form a new habit.  
I will give myself this time!*

The Fitness Roadmap by Rudy Fenner © 2020

*Maxwell's Playback*

