



The Change- Let's start the beginning of a new goal

Coaching Tip: Document each day because we are setting your intentions. This is the first process in my Signature FITT 4 Steps.

FOCUS: Your top 2 things that you are ready to change, i.e. weight, food, or organization.

Document each day so that you can:

- Set your intentions to what is truly important to you.
- See themes in the changes that you want to make.
- Be ready for next week to step into a new goal, 2nd Step in FITT, Integrate

Tuesday

Change 1 _____

Change 2 _____

Wednesday

Change 1 _____

Change 2 _____

Thursday

Change 1 _____

Change 2 _____

Friday

Change 1 _____

Change 2 _____

Saturday

Change 1 _____

Change 2 _____

Sunday

Change 1 _____

Change 2 _____

Monday

Change 1 _____

Change 2 _____

Tuesday, Step 2 in your FITT process to step into a new goal

Here is to your FITT journey,

Rhonda Liebig