



INTEGRATE is the 2nd step to my signature FITT process. Since you already spent last week in determining what good goal is for you. [If you didn't listen and participate there is a link below to get that information.

Here is your journal for this week.

Question: How are you going to fit your new goal in your life. Example, if you have decided to change something in your diet, decide when you are going to shop and prep. Pull out the calendar and use this journal to work it out.

Coaching TIP: Look to see where you have open space in your calendar that you know will be a consistency. When you first start out it will feel like a chore but then will fold into your week like it has already been there.

I have a client that gave up fast food and soft drinks and she was drinking 5 big gulps a day. I saw her yesterday and I couldn't believe how fast she has slimmed down in just a week! Remember why you are doing this what changes you want to make and what keeps you rock'in each day. Keep with the process and you are going to feel incredible. The Tuesday FITT Challenge is awesome because others are right there with you going through the same process. Now that's AWESOME!

Document to say it out *LOUD!*

- 1) How many steps do I need to add into my week to accomplish this goal? _____
- 2) What are the steps that I need to add? Put your own steps but I added examples for you.
 - a. [ex. Shopping] _____
 - b. [ex. Prepping food] _____
 - c. [ex. Need to buy a lunch bag to bring food with me] _____
- 3) Where is my new goal going to fit in my life? Add each step above so that you have all the details in your calendar: _____

4) What support do I need around me to succeed? _____

Prior week's first step to my signature FITT process if you missed it.

FOCUS [Prior Week's TFC challenge]: Document what is your goal that you are working towards:

Click to view prior week's video if you didn't participate: <http://youtu.be/S5zqArFVzeQ>

Have a FITT Day,

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