

**I choose to exercise
because _____
is important to me.**

Having *(line above)* _____ will impact
my life in the following ways:

I will set up my support system by:
*(Eg have an accountability partner, make a space in my home for my gear, create a
daily progress chart, post up my goals where I can see them)*

Ways in which I can make exercise fun and enjoyable are:

I agree to push myself a little when I don't feel like it because:

My 15 minute check-in appointment is on April ___, at ___:___am/pm.

To submit goals and book the check-in appointment, e-mail Lara Williams:
lifecoach@getonwithit.ca