



# fitness routines that **stick**

## reflect

**What three adjectives best describe how 2023 made you feel?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What are your fitness goals this year?**

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**How do you want to celebrate meeting your fitness goals?**

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**If you get off track with your fitness routine, how do you motivate yourself to get moving?**

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**How does exercise make you feel physically and mentally?**

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## weekly gratitude

**What are you grateful for?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_