

Fitness Wish List

In the following space, write down all the fitness goals you would like to achieve.

This is your personal fitness wish list. Write down anything you have ever thought of achieving with regards to your own individual health and fitness. Which goal, if you achieved it, would make this year unbelievable? Have you ever wanted to hike the Grand Canyon, complete a marathon or a triathlon, cycle through Italy, learn to scuba dive or inline skate or rock climb, cycle the Oregon Coast or would you just be happy with working out 4 times a week consistently? What are your health and fitness wishes? The only rule with this wish list is that none of your goals can be related to your body. Stay away from listing a goal such as losing 10 pounds or 4 inches off your hips. Let's keep this list positive and focused away from body image.