



ON THE ROAD TO A MORE FIT \_\_\_\_\_ – THE PLAN

Date: \_\_\_\_\_

What is your color type? Blue Gold Green Red Saffron Silver White Purple

Efficient or Harmony? \_\_\_\_\_

What are some of the characteristics of this type that you want to keep in mind in planning?

**Assessing – Where are you now?**

What is your “compelling reason” to begin?

Do you have your doctor’s ok to begin an exercise program?

Using some of the “tests” included in your packet, determine where you are.

Complete the measurements page. Take some “before” pictures.

**Goal Setting – Where do you want to be?**

What are your fitness goals?

(i.e., weight loss, stress reduction, flexibility, strength, weight gain, competition, etc.)

**Accomplishing Goals – How will you get to where you want to be?**

Will you work alone or with a partner?

Will you work with a personal trainer? At home? At a gym?

If you work alone, do you need a program to follow?

What types of activities do you prefer?

What will be your daily calorie goal?

How many days per week will you exercise?

What will you need to purchase to get started? Equipment, clothing, shoes, etc.

When will you start? For what length of time will you commit?

**Accountability – How will you stay “true” to your program?**

How will you keep track of your progress?

Do you need someone to monitor you? If so, who will that be?

Do you prefer email monitoring, phone calls, personal contact, or what? How often?