



Your 2025 Roadmap to Health & Fitness Success Workbook

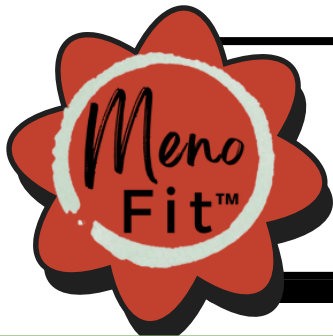
Your 2025 Roadmap to Health & Fitness Success



GOAL SETTING TALKS

EXERCISE

30TH JAN	REVIEW	LIFT LEAN WAKE UP
2ND JAN		GENTLE STRETCH
6TH JAN	FUTURE SELF	CARDIO CRUSH
9TH JAN		CORE & MORE
13TH JAN	YOUR WHY	POWER 30
16TH JAN		REVIVE & THRIVE
20TH JAN	BE SPECIFIC	SWEAT & SCUPLT
23RD JAN		FUEL & FLOW



REVIEW

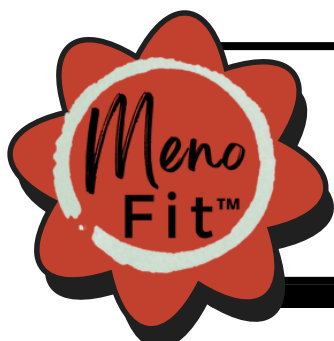
Review – Recording Your Current Levels of Health and Fitness

Before you can move forward, you need to understand where you are now. In this session, we'll take a deep dive into your current health and fitness levels. We'll measure what matters to YOU: strength, flexibility, endurance, energy, and more. This isn't about judgement; it's about clarity.

What You'll Gain:

- A baseline to track your progress.
- Insight into what's working and where there's room to grow.
- A clear understanding of your starting point.

Why It Matters: Knowing where you're starting is essential for setting meaningful, achievable goals. This session sets the foundation for your transformation.



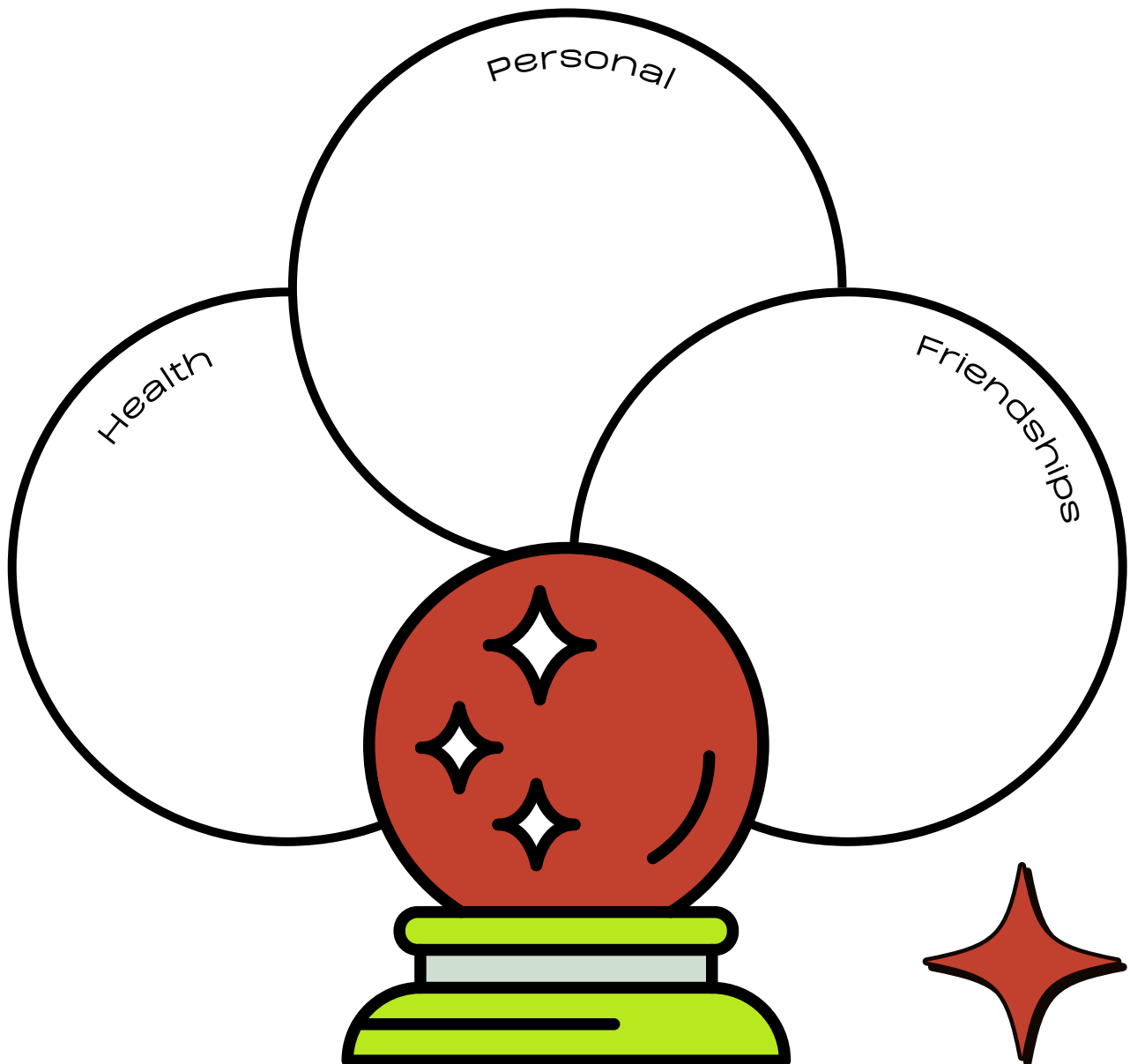
REVIEW

REVIEW YOURSELF	Self-Score (Out of 10)
Strength: Can you lift heavier weights or perform more reps than a few months ago?	
Flexibility: How easy is it to perform tasks like bending, reaching, or twisting?	
Balance: Can you stand on one leg or perform balance-focused exercises comfortably?	
Endurance: How far or how long can you walk, swim, or cycle comfortably?	
Movement Patterns: Are you staying active daily (e.g., walking, stretching)?	
Sleep Quality: Are you waking up refreshed or struggling with restlessness?	
Hydration: Are you drinking enough water consistently?	
Stress Levels: How are you managing stress—do you have tools like mindfulness or relaxation techniques?	
Meal Quality: Are your meals balanced with protein, healthy fats, and whole carbs?	
Energy Levels: Do you feel energized after eating, or experience crashes?	
Snack Choices: Are snacks supporting your health or packed with empty calories?	
Variety: Are you eating a wide range of colourful fruits, vegetables, and whole foods?	
Body Awareness: Are there any recurring aches, pains, or stiffness?	
Heart Health Indicators: RECORD YOUR: >Blood pressure, >Cholesterol >Resting heart rate >Overall, Body Weight >BMI	
Bone and Joint Health: Are there noticeable improvements or ongoing challenges?	
Consistency: How would you score your overall motivation?	
Challenges: What's been the biggest barrier to success?	
Support System: Are you connecting with others in the group or seeking outside accountability?	
Goals: Are your current goals still relevant and exciting, or do they need adjusting?	



FUTURE ME

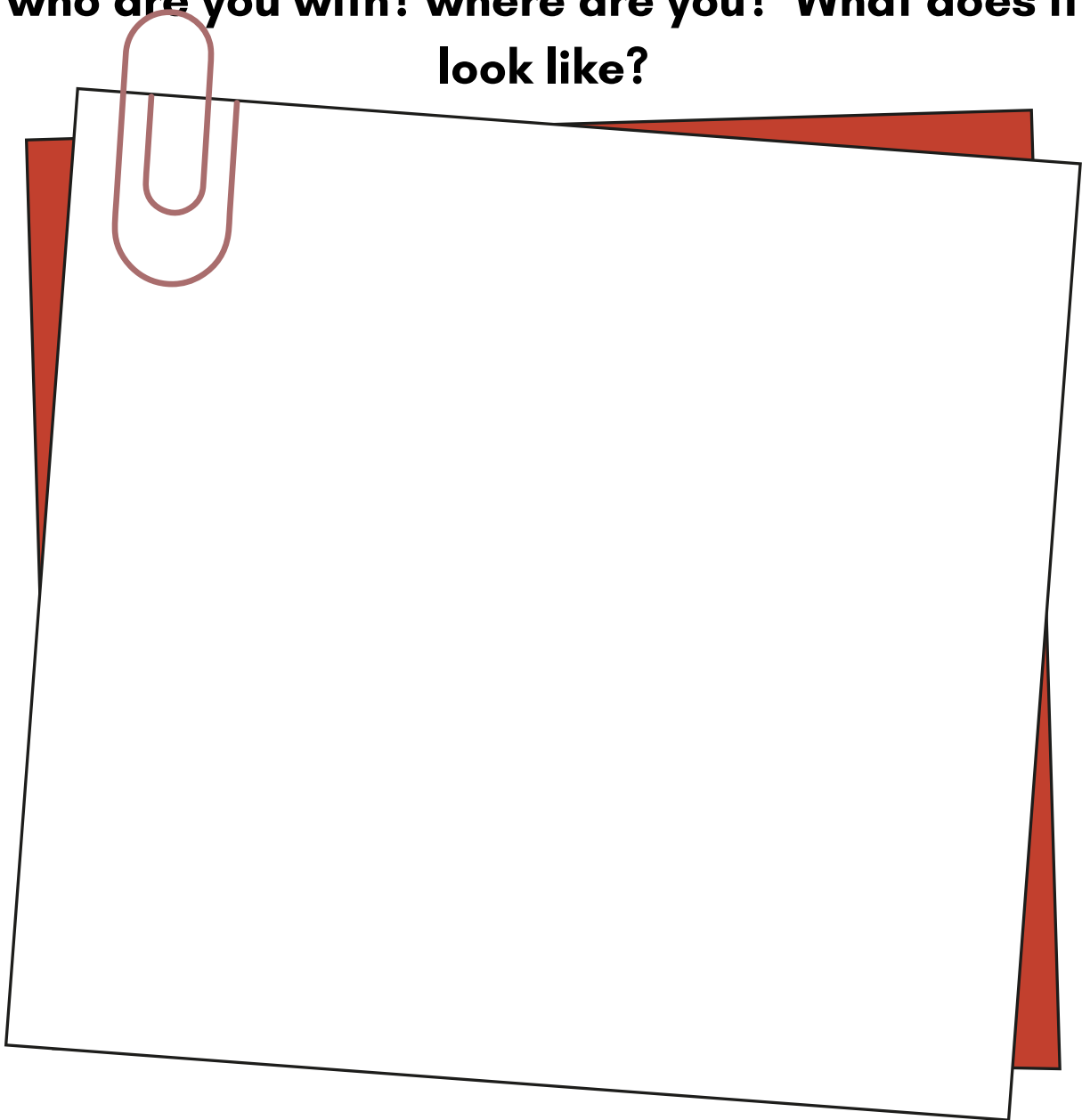
Picture yourself in December 2025. Who is the best version of you? What does she look like, feel like, and achieve? In this session, we'll create a compelling vision of your future self and break it down into smaller, actionable goals. This is about dreaming big and then turning those dreams into steps you can start today.





FUTURE ME

**Map out your IDEAL DAY Where are you going?
who are you with? where are you? What does it
look like?**





WHY?

Your Why - Discovering the Motivation Behind Your Goals

Why do you want to improve your health and fitness? The deeper your motivation, the stronger your commitment will be. In this session, we'll uncover your personal "why" and learn how to use it as fuel to keep going, even when the journey gets tough.

What You'll Gain:

- **Clarity on the deeper reasons behind your goals.**
- **Tools to stay motivated and overcome obstacles.**
- **A personal mantra to remind you why you started.**

Why It Matters: Motivation can fade, but when you're connected to your "why," you're more likely to stick to your goals and succeed.

**To boost energy
and vitality**

**To stay active and
independent**

**To prevent age-related
diseases**

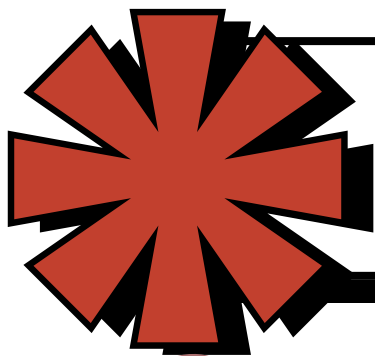
**To rediscover
joy
in movement**

**To enhance
sleep quality**

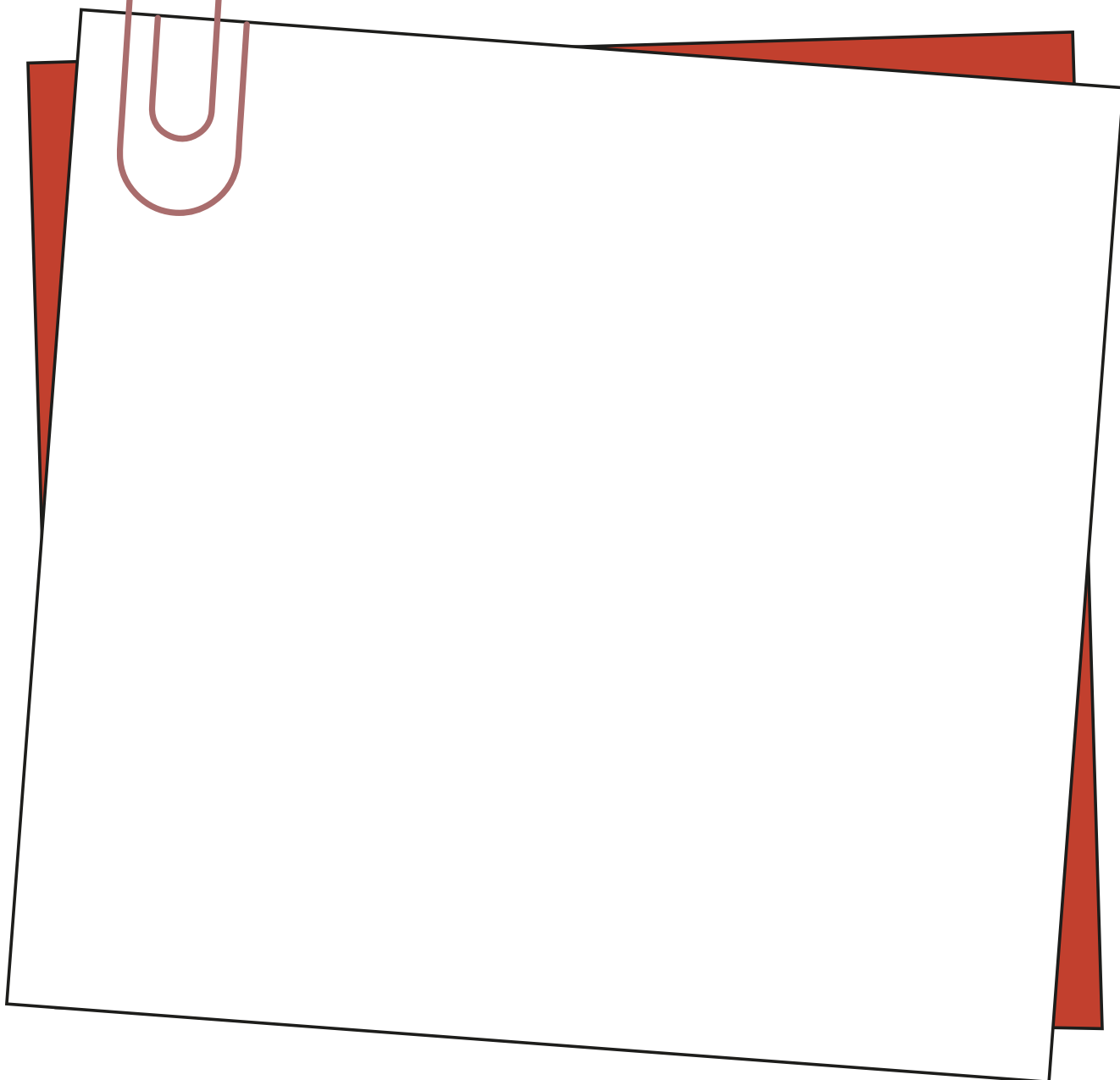
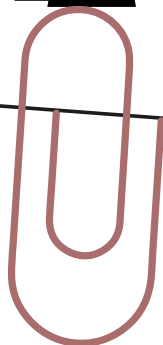
**To support mental
well-being**

**To live longer and
healthily**

To inspire others



WHY?





BE SPECIFIC

By end March
I want to.....

By end June
I want to.....

Steps I will take to get their..... Steps I will take to get their.....



BE SPECIFIC

By end September
I want to.....

By end December
I want to.....

Steps I will take to get their..... Steps I will take to get their.....
