

# Are you Having Difficulty Turning your Body Transformation Goals into Action?

**Have you tried to set goals to improve your body shape, but failed?**

YOU ARE NOT ALONE

- **Action Plans** outline WHEN, WHERE, & WITH WHOM you will be physically active.
- This tool has been shown to help people turn their body transformation goals into action.
- They create a detailed image in your head of how you will carry out your plan to get the body you want.

People who make action plans are more likely to...

- ⇒ **Start** being active, & do so faster
- ⇒ **Continue** to achieve their goals
- ⇒ **Notice opportunities** to carry out their physique goals

**Put your thoughts into actions & get the body you want!**

**WRITE DOWN...**

- \* **WHY** you want to achieve your goal → Feel less embarrassed, to make your girlfriend or boyfriend more attracted to you.
- \* **HOW** physical activity will fit into your weekly schedule → Look at local activities.
- \* **WHEN & WHERE** you will do the activity → be specific (e.g., time of day, a specific trail you will run)
- \* **WHAT** do you need for the activity? → Be prepared (e.g., workout plan & equipment)

## EXAMPLE

**Long-term Goal: See muscle definition in arms in 2 months**

**Monday: 5 pm**—UPPER BODY SCULPT class with Leah—. Bring water bottle & towel and protein snack for after.

**Wednesday: 5 pm**—Shoulder and arm day on my own at the gym. I will print out my workout and bring ear phones.

**Saturday: 10:00**— Run 4km loop by my house with Tyler, use the app “Map my Run”. I need my phone, and headphones.

Image

Image

**Stop feeling embarrassed & make your plan to achieve the BODY YOU WANT!**