

ACTION PLAN TEMPLATE



Goals: - specific, measurable, achievable, realistic, time bound and why you want to achieve them

1. /10 How much does it mean to me that I achieve this goal
2. /10 How much does it mean to me that I achieve this goal
3. /10 How much does it mean to me that I achieve this goal
4. /10 How much does it mean to me that I achieve this goal

Motivation:

How am I going to feel when I achieve all of these goals (your answer here is what is going to get you up in the morning)?

Choose 3 Motivators -

Clothing

Scales (this is only for a select few people and not widely recommended)

Affirmation or quote(know this off by heart and reflect on it every morning)

Photos (a photo of what you want to look like(Post Photo) and a photo of what you look like now that accurately describes how you feel)

Positive Self Talk (take Control of that little voice in your head)

Vision Board (This can be a wall, cork board or white board with what you want to achieve on it including quotes and pictures)

Mr. or Mrs. Accountability (this is someone that you trust to pull you up honestly when you stray from your action plan)



BODY
FITNESS

When am I most motivated?

How much time do I need per week to achieve each goal?

1.

2.

3.

4.

Am I ready to make this happen?

Who do I need to consult before I start to achieve this goal

Relationship to goal:

Name:

Phone Number:

Date I will Contact them by:

Relationship to goal:

Name:

Phone Number:

Date I will Contact them by:



BODY
FITNESS

Relationship to goal:

Relationship to goal:

Name:

Phone Number:

Date I will Contact them by:

Do I need any physical items?

Item:

When do I need them by:

Cost:

Item:

When do I need them by:

Cost:

Name:

Phone Number:

Date I will Contact them by:

Item:

When do I need them by:

Cost:

Item:

When do I need them by:

Cost:

Action Plan

Goal: _____ Finish Date: _____ Days Left: _____

Motivators 1:
2:
3:

Step I will take every day to ensure the success of my goal:

*Use your most motivated time of the day to do the most challenging tasks!

Action items (Breaking it down into components makes it easier we have designed this for health and fitness but you could do this for business or any other goal)

Exercise

1.
Time: _____ Intensity: _____

2.
Time: _____ Intensity _____

3.
Time: _____ Intensity _____

4.
Time: _____ Intensity _____

Nutrition

5.
6.
7.
8.

Make sure when writing your action items you are using the time per week that are required for the task!

Congratulations on using the 4 U Body Fitness Action Plan Template, this is the system I have used to help hundreds of our Personal Training Clients achieve amazing results!

You have just empowered yourself with a tool that will enable you to achieve whatever goal your wish to in life use it as knowledge isn't power the application of your knowledge is! Remember your goals will change as you start to achieve results your goals will grow and you will need to add more relevant items in and take irrelevant items out! This system works great in conjunction with a vision board and calendar!

To check out just some of the awesome results that we have achieved with our clients go to www.4ubodyfitness.com.au/our-clients

If you need that little bit of extra help getting amazing results and there is certainly nothing wrong with that contact us by going to www.4ubodyfitness.com.au/contact-us. If you are already one of our awesome clients well done you have made a great choice in ensuring your success!



Tim Morgan
m 0403 941 014
e info@4ubodyfitness.com.au
w www.4ubodyfitness.com.au



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