

60-DAY START GOAL WORKSHEET

30 days creates a habit but 60 days will make it stick. Over the next 60 days, intentionally focus on cultivating the healthy lifestyle you've always envisioned for yourself.

1. List your own personal goals for each week below.
2. Follow along with the workouts, wellness and nutrition suggestions on the 90 day calendar.
3. Fill out this worksheet weekly so you can track your progress.

NUTRITIONAL GOAL

Examples: Eat 5 servings of fruits and veggies a day. Eat breakfast every day. Reduce added sugars. Drink more water.

MOVEMENT GOAL

Examples: Do 10 minute workouts . Hold a plank for 1 Minute. Incorporate more yoga into your week.

LIFESTYLE GOAL

Examples: Shut off electronics by 8pm. Meditate daily. Wake up an hour earlier. Repeat a positive mantra daily.

STOP DOING GOAL

Examples: Stop negative self talk. Stop drinking sugary drinks. Stop eating every meal out.

60-Day Start | Week Number _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Move Your Body							
Eat Whole Foods							
Mindset							
Hydration							
Personal Goal: Nutrition							
Personal Goal: Movement							
Personal Goal: Lifestyle							
Personal Goal: Stop Doing							

Move Your Body: Do a 10 minute workout, gold workout or your choice of movement. **Eat Whole Foods:** Eat fruits and vegetables every day. Eat foods that nourish your body. Try new meal prep ideas and cooking techniques to make healthy eating simple. **Mindset:** A positive mindset increases your happiness. **Hydration:** Drink 1/2 your body weight in ounces of water daily. **Personal Goals:** Make meaningful progress in your lifestyle, movement and nutritional goals that you have set for yourself.