



Moving Forward Fitness

Moving You To Results That LAST

Achieve Results That **LAST**

1. Lifestyle Assessment

- a. Identify your daily fitness, nutrition, and stress habits
- b. Create awareness of your common thoughts and beliefs
- c. Discover your ideal lifestyle

2. Accountability

- a. Set regular appointments with your coach to hold you accountable to your goals
- b. Identify strategies to overcome your personal barriers
- c. Work with your coach to discover the most successful lifestyle strategies that keep you on track

3. SMART Goal-Setting

- a. Set specific, measurable, action-oriented, realistic, and time-based goals
- b. Identify appropriate long and short-term goals to get you the results you want
- c. Determine weekly actions or behaviors to support your goals

4. Transformational Thinking

- a. Identify the self-defeating thoughts that are keeping you stuck
- b. Learn to change your self-defeating thoughts to positive and productive thoughts
- c. Integrate more productive thoughts into everyday choices that support your goals