



WEEK 3 CHECK-IN & CHEAT REWARD AGENDA!

1) WHAT'S WORKING?

Name 2 things you did last week that successfully helped you feel good, stay on track, or take positive steps towards success. They can be as simple as "I got to bed by 10am every night before camp so that I wouldn't be tempted to drag my butt out of bed at 5."

Remember, to establish habits that will "move the needle" (make a measureable change) you must have a detailed idea of *the process* so that you can repeat it over and over again with less effort each time. Success is never random.

a.

b.

2) WHAT'S NOT WORKING?

Identify 2 behaviors or actions from last week that had a negative impact on your healthy eating, your positive mindset or your consistent workout routine. Beating yourself up over them or worse, ignoring them, without processing what went wrong is a sure fire way to gloss over the core of your problems and turn them into reoccurring patterns of behavior.

Remember that this stuff can either be specifically related to food, sleep or exercise or it can be in a totally different category i.e. relationships, work, stress, family etc. Everything effects everything.

a.

b.



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3) CRITERION FOR YOUR WEEKEND REWARD

Choose 2 specific things that you vow to achieve in order to let yourself take part in your Weekend Reward. For some ideas, take a look back at #1 and #2 above. Can you make a plan to address something that's not working or can you take something that is working right to the next level?

Be as specific as possible; make them measurable and have a time or date deadline. For example: "On Tuesday, Thursday and Saturday I will workout for at least 35 minutes, half with weights and half biking."

In order to take part in my Weekend Reward (#4), I must successfully...

a.

b.

4) WEEKEND REWARD

By clearly defining your Reward with such specific details as the date, time and who you will be doing it with, you create a visual stimulus that comes to life. You will be more likely to consciously work hard at #3 when you visualize and experience the emotions that you will feel when tasting or experiencing your Reward.

The more abstract your goals and reward system, the less likely you are to achieve them. So **make it real, baby!**

Reward: _____

Date: _____

Time: _____

Location: _____

With Whom: _____

Reservation made: _____