

# Last 90 Days

## Fitness/Nutrition/Mindset Accountability Group Tracker

"WHATEVER STANDARD YOU'VE SET  
FOR YOURSELF IS WHERE  
YOU'LL END UP... UNLESS YOU  
FIGHT THROUGH YOUR INSTINCT  
AND CHANGE YOUR PATTERN."

- RACHEL HOLLIS

# Success Tips

You are here. You made it this far. You committed. You decided. You are going to succeed. Believe in yourself, not just today but everyday. Show up for yourself. And let's finish this year strong together. Follow these tips to maximize your success on this journey.

## - Show Up-

For yourself, for the group, for your health, for your family, for this journey. You will get stronger daily both mentally and physically the more engaged you are and with your mindset in a positive place.

## - Plan Ahead-

Dive into your meal planning tools. Set aside time in your calendar for your workouts and meal planning. Create a plan for the week. Write out your goals. Print out your workout calendar. Share your goals with others.

## - Grow Your Mind-

Download on Audible or order the book *Girl, Wash Your Face*. Dive in. Make time daily to sit and read, journal, and or listen to a podcast. Positive mindset, positive life. The more positivity and personal growth you can pour into your mind, the better your mindset will be. Especially when it's hard. This is where personal development comes in big time.

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## - Believe in You-

You're already here. You're ready to finish this year strong. It won't be easy. There will be temptation. It's much easier to quit than it is to push through. But the change happens when we get uncomfortable, when we push through. Believe that you can complete your workouts, improve your nutrition, and you will- you will finish this year strong.

# Goal Tracker

Goals help us believe in ourselves. Setting goals for yourself is a way to fuel your ambition. It's not just about creating a plan for your life and holding yourself accountable, it's also about giving us the inspiration necessary to aim for things we never thought possible.

Write out your goals below and create a vision of rewards for reaching your goals. (Not food related rewards.)

Fitness Goal(s): \_\_\_\_\_

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Nutrition Goal(s): \_\_\_\_\_

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Personal Goal(s): \_\_\_\_\_

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By achieving these goals, it means that: \_\_\_\_\_

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*Vision Board of Goal Rewards*

# Commitment Contract

- >I will show up for myself every day.
- >I will work towards my goals.
- >I will pour into this group and support the other challengers in this group.
- >I will check into the group regularly.
- >I will plan ahead and use the resources I'm given.
- >I will take progress pictures and measurements.
- >I will get great results.
- >I understand that my coach will show up everyday.
- >I understand that my coach is on a fitness journey as well & will be working right alongside me.
- >I understand that my coach is not perfect, but is committed to doing their best daily.
- >I understand that my coach will NOT chase me, but WILL match my efforts.
- >I understand that my coach will give me the tools & the support to succeed BUT I am responsible for putting in the work.

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I \_\_\_\_\_ promise to give my best for the next \_\_\_\_\_ days. I understand that there will be MANY times I want to quit but I am committed to my results. In the past I have

\_\_\_\_\_

\_\_\_\_\_ when struggles have come my way, but this time is different. I will complete this challenge because I AM MORE THAN WORTH IT!

Signed \_\_\_\_\_ Date \_\_\_\_\_

# Last 90 Days Daily Habits

Day \_\_\_\_\_

Water Intake Oz \_\_\_\_



- I woke up early for "Me" time
- I exercised for at least 30 Minutes
- I read/listened to Personal Development
- I made healthier nutrition choices.

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## 10 Things I'm Grateful For Today:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Notes/Mindset:

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