

Swimming to my Goal

MY GOAL-SETTING GUIDE

nicole davidsohn 2019

CHANGES
NEEDED

TRAINING
NEEDED

Goal:

A large white circle representing a goal, with a white arrow pointing towards it from the left. Two pink and white striped cartoon fish are swimming along the arrow. The background is light blue with white clouds and a sun in the top left corner. The bottom of the page has a dark blue wavy border representing water.

ACTIONS
NEEDED

TIME NEEDED

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CHANGES NEEDED

stop eating to hide
emotions

journal emotions
2x daily

eat the right amount

TRAINING NEEDED

3X WEEK
RESISTANCE
4X WEEK CARDIO

90 days

ACTIONS NEEDED

TIME NEEDED

Goal:

I will lose 50 pounds by NYE by working out daily, changing and healing my relationship with food, and loving myself more. I will journal my thoughts 2x/day instead of bottling them up and eating them away later.