

# MY PERSONAL MINDSET AND MOVEMENT PLAN

CONTINUUM

*WHAT I WANT TO DO*

*WHAT I COULD DO*

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

GOALS

**O**<sub>BSTACLES</sub>

**P**<sub>LAN</sub>

ESTABLISHING BARS

*MOVEMENT*

*NUTRITION*

*RECOVERY*



*CONTROL*

*INFLUENCE*

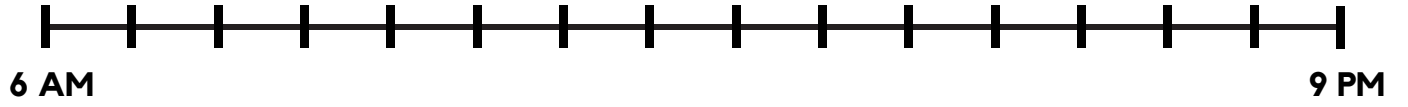
*IGNORE*



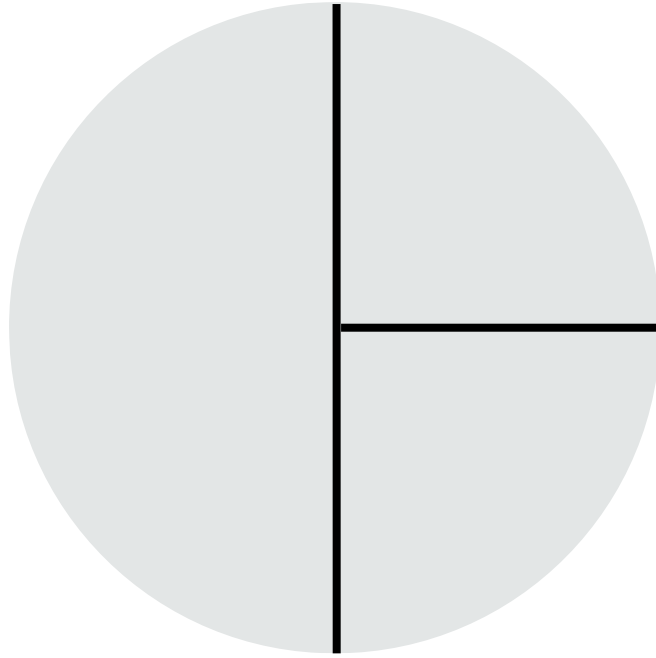
PLAN AHEAD

# MY PERSONAL NUTRITION PLAN

EATING SCHEDULE



BALANCED MEALS



STRATEGIC SNACKS

\_\_\_\_\_ + \_\_\_\_\_

PLAN AHEAD

\_\_\_\_\_ → \_\_\_\_\_