



## *My Plan for Getting and Staying Fit*

1. My goal is:

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2. My plan:

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3. I will track my progress using:

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4. I will make it easy by:

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5. Just do it!

6. Notice how I feel and look. What do I notice?

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You've got this! You can show up for yourself and make sustainable changes for a more fit and healthy you!

Share your successes and get more information at:

<https://www.realcoake.com/how-to-get-fit/>