



# ACTIVE NATION DAY

---

GOAL SETTING PLANNER

# SELF ASSESSMENT

*How do I feel about my general health and wellbeing now?*

---

---

---

## SELF RATING

### PHYSICAL FITNESS

**NOW** ☆☆☆☆☆

*How do I feel now?*

---

---

---

**WHERE I WANT TO BE IN**

**IN 6 MONTHS** ☆☆☆☆☆

*How I will feel:*

---

---

**WHERE I WANT TO BE IN**

**3 MONTHS** ☆☆☆☆☆

*How I will feel:*

---

---

**WHERE I WANT TO BE IN**

**IN 12 MONTHS** ☆☆☆☆☆

*How I will feel:*

---

---

# SELF RATING

## EATING HABITS

**NOW** ☆☆☆☆☆  
*How do I feel now?*

---

---

---

**WHERE I WANT TO BE IN**  
**3 MONTHS** ☆☆☆☆☆  
*How I will feel:*

---

---

**IN 6 MONTHS** ☆☆☆☆☆  
*How I will feel:*

---

---

**IN 12 MONTHS** ☆☆☆☆☆  
*How I will feel:*

---

---

## MINDSET & MENTAL WELLBEING

**NOW** ☆☆☆☆☆  
*How do I feel now?*

---

---

---

**WHERE I WANT TO BE IN**  
**3 MONTHS** ☆☆☆☆☆  
*How I will feel:*

---

---

**IN 6 MONTHS** ☆☆☆☆☆  
*How I will feel:*

---

---

**IN 12 MONTHS** ☆☆☆☆☆  
*How I will feel:*

---

---

# GOAL SETTING

## MOVE GOALS

### GOAL 01.

---

---

---

📅 *When by?* \_\_\_\_\_

🔗 *How?* \_\_\_\_\_

---

### GOAL 02.

---

---

---

📅 *When by?* \_\_\_\_\_

🔗 *How?* \_\_\_\_\_

---

### GOAL 03.

---

---

---

📅 *When by?* \_\_\_\_\_

🔗 *How?* \_\_\_\_\_

---

### 3 REASONS TO MOVE DAILY

1. Releases happy endorphins
2. Boosts your energy
3. Helps you sleep <sup>zz</sup>

# GOAL SETTING

## NOURISH GOALS

### GOAL 01.

---

---

---

☐ *When by?* \_\_\_\_\_

☐ *How?* \_\_\_\_\_

---

### GOAL 02.

---

---

---

☐ *When by?* \_\_\_\_\_

☐ *How?* \_\_\_\_\_

---

### GOAL 03.

---

---

---

☐ *When by?* \_\_\_\_\_

☐ *How?* \_\_\_\_\_

---

*Nourish your body,  
feed your soul,*

*Xx*

# GOAL SETTING

## BELIEVE GOALS

### GOAL 01.

---

---

---

☒ *When by?* \_\_\_\_\_

☞ *How?* \_\_\_\_\_

---

### GOAL 02.

---

---

---

☒ *When by?* \_\_\_\_\_

☞ *How?* \_\_\_\_\_

---

### GOAL 03.

---

---

---

☒ *When by?* \_\_\_\_\_

☞ *How?* \_\_\_\_\_

---

You don't have to be  
*great* to start, but you  
have to *start* to be great

# PLANNER

## OCTOBER

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## NOVEMBER

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## DECEMBER

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## JANUARY

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## FEBRUARY

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## MARCH

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## APRIL

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## MAY

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## JUNE

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## JULY

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## AUGUST

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

## SEPTEMBER

- WK 1
- WK 2
- WK 3
- WK 4
- WK 5

# ACCOUNTABILITY

I WILL HOLD MYSELF ACCOUNTABLE BY

---

---

---

I AM MAKING A COMMITMENT TO

---

---

---

I AM SHARING MY GOALS WITH

---

---

---

*Share your progress with us!*

@lornajaneactive @lclarkson

#activeliving

*XX*



FOLLOW US |   

@LORNAJANEACTIVE @LJCLARKSON  
#LORNAJANE #ACTIVELIVINGPROGRAM