



BOOTCAMP - GOAL SETTING

Right, here is where I would like you to write down your goals and set your targets.

Before embarking on the Kick Start Fat Loss Bootcamp, I would like you to take time to think about what you would like to get out of this plan and your life.

Goal Setting Ideas

- **Create a set of clearly defined goals. This is the first major step to achieving your dreams! Study after study shows that individuals who write down and picture how they want life to be obtain the goals they so desire.**
- **BELIEVE your goals!! Act and think as if you have already attained and reached them.**
- **Be specific and clear about your goals!**
- **Adopt a positive mind set (this is so important). Brush negative thoughts and feelings away. Don't dwell on negative thoughts. You have the power to change your thinking!!**
- **Be happy NOW! You have taken a big step forward – be excited! View this experience on the Bootcamp as an adventure, not as another boring diet plan! You are going to get through this along with other ladies (we are all in this together) . You are going to feel energized and empowered!**

Write down and don't forget to be descriptive and clear

My perfect weight is

My body will look like (describe your ideal shape, muscle tone)

My energy levels are

My mind set is

Next write down everything you hope to get out of this program

1.

2.

3.