



## What's Your Why?

"A journey of a thousand miles begins with a single step."

– Lao Tzu

Joining the Fit3 program was the first step in your journey. But now it's time for the most important step – understanding WHY you joined Fit3 in the first place. Of course, you want to be healthier, but WHY? How will improving your health improve your life? How will you measure your success? It isn't likely that your success will be strictly measured by the number of pounds that you lose or strength that you gain. Your success will be measured by things that you must define.

### Let's get real

Along with taking your before pictures, this may be one of the most uncomfortable parts about getting started with Fit3. This is where you have to get personal, real and honest with yourself. This is where you have to come to terms with your weaknesses, face your fears and embrace the vulnerability. Because if you don't know WHY you are really here, every nutrition choice you have to make will be agonizing. Every minute of exercise will feel like punishment and resentment will outweigh the rewards.

### Write a letter to yourself

During the first week of your Fit3 journey, you are going to write a letter to yourself. It will symbolize the commitment you have made to yourself and your investment in better health through Fit3. Take your time and really give this letter some thought. Answer the questions below and identify what will inspire you to keep going when you want to quit.

Sign and date the letter, and then have your Fit3 coach, a friend or family member read and sign it too. Make copies and keep the letter with you to help you through the tough moments.

Not every day with Fit3 is awesome. In the beginning, you may have more challenges than you have victories. But as you progress and embrace new habits, the better days start to outnumber the difficult days. And before you know it, you don't even recognize the person you used to be.

The worksheet on the back will give you some things to think about and help you get started on your letter.

# WHAT'S MY WHY WORKSHEET

Answer the following questions as honestly as possible.

- What do you want to change?
- Why do you want to change?
- How do you want to feel?
- What is distracting you?
- What scares you?
- What really motivates you?

Check all the boxes that most closely relate to your health and fitness goals.

## Get Fit.

Whether it's been a few months or several years, you want to get back on track and start exercising and eating smart.

- I want more energy.
- I want to live longer.
- I want to climb stairs without getting winded.
- I want to play sports again or be more active.
- I want to walk or run a 5k or other race.
- Other \_\_\_\_\_.

## Feel Fit.

Shopping used to be easier, but your clothes just don't fit right anymore. You're ready to feel better about yourself.

- I want to fit into my skinny jeans.
- I want my muscles to be more toned.
- I want to feel more confident in my clothes.
- I want to feel younger.
- Other \_\_\_\_\_.

## Stay Fit.

You've tried the fad diets and gimmicks and you're tired of starting over. You want a realistic fitness and weight loss plan you can maintain for life.

- I want to lose a few pounds/inches without starving or spending hours at the gym.
- I want to learn how I can still eat my favorite foods and maintain my ideal body image.
- I want to age gracefully.
- I want to avoid getting sick and prevent health problems in the future.
- I want to boost my immune system.
- Other \_\_\_\_\_.