

My Mastermoves Success Guide

Now take a few moments to create your daily fitness plan. <u>Be realistic, organized and</u> <u>execute around priorities</u>. Remember, knowing what to do and actually doing it are two different things. Consistent action, rather than words, is what will manifest good results. Those who plan the day and commit to their plan make things happen!

My Daily Fitness Plan

MORNING	Time	Notes / Observations
AFTERNOON		
EVENING		