**My Fitness Plan**

Since the Most Powerful Piece of Any Plan to Change Myself is the SCHEDULE, Here Is Mine:

I Will Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (how often) for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (how long)

And Here is What I Will Do For 30 sec: Or Instead I Like This:

1. Push Ups ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Squats ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Pull Ups ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Lunges ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. 90 Second Plank ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Hammer Curls ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. – 12. (Repeat) ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Affirmation: I am here to take care of my world, my family, and myself. Every day I will give my best effort to be a healthy person, to make my world a better place, and to take care to not set goals that are too high and damage my motivation.

(Brought to you by Health Family Chiropractic, Kalamazoo, MI 269-567-4111)