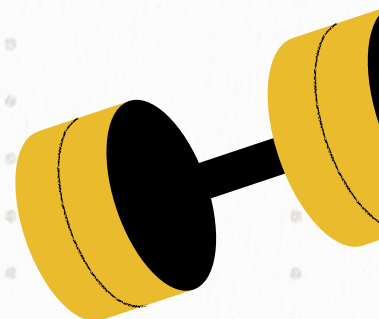




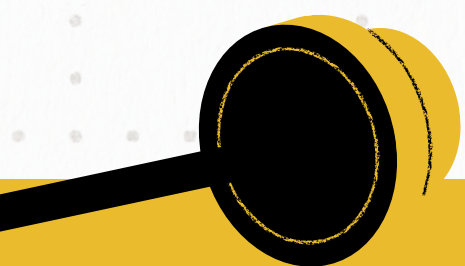
# WORKOUT GOALS CHECKLIST

Set your fitness goals & start crushing them! Use this checklist to track your progress and stay motivated



## PERSONAL WORKOUT CHECKLIST

- ☐ Exercise 3-4 times a week consistently
- ☐ Master proper form for basic exercises
- ☐ Drink at least 2-3 liters of water daily
- ☐ Decrease rest time inbetween sets
- ☐ Increase weights or reps every 2 weeks
- ☐ Learn how to control mecle
- ☐ Stay consistent for 3+ months
- ☐ Get better quality sleep



**@NOFEELINGSWELLNESS**





# NUTRITION GOALS CHECKLIST

Set your nutrition goals & start crushing them! Use this checklist to track your progress and stay motivated



## PERSONAL WORKOUT CHECKLIST

- ☐ Eat at least one serving of fruits or vegetables
- ☐ Choose whole grains over refined grains
- ☐ Include a source of lean protein in most meals.
- ☐ Be mindful of portion sizes.
- ☐ Drink enough water throughout the day.
- ☐ Pay attention to your hunger and fullness cues.
- ☐ Plan your meals and snacks in advance.
- ☐ Limit your intake of processed foods, sugary drinks, and excessive unhealthy fats.



**@nofeelingswellness**