



MY GOAL

GROUP FITNESS

Join that class and dare to just get started. Go 3 times per week this month.

RESOURCES: Our favorite group fitness classes are Body Pump, Cycling, Zumba, Kickboxing, CrossFit, Body Barre, Body Sculpt, Yoga, HIIT, and Tabata. Just try what your gym has to offer.

SUGGESTED GOAL PAIRINGS: Track Progress - Eliminate Soda - Eat Healthy

PROGRESS: For every day you show up for your group fitness class, color in the box.

A calendar-style tracking form for 'GROUP FITNESS'. It has a blue header with two punch holes and the title 'GROUP FITNESS' in white. Below the header is a grey grid with four columns and three rows. Each cell in the grid contains a blue number: the top row has '1's, the middle row has '2's, and the bottom row has '3's. Vertical lines separate the columns.

GROUP FITNESS			
1	1	1	1
2	2	2	2
3	3	3	3