



# Cooper Wellness Program®

Medically Based Lifestyle Renewal

## Mapping Out Your Goals

*Don't think about dieting; think about fitness*

### 1. What are your measurable goals today? (Re-check in 3 months)

Lose 5 pounds

Drop 1 clothing size

Lose \_\_\_ inches

Increase stamina

Lower blood pressure

Reduce cholesterol

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 2. What will it take to get there? Consistency! (Be specific)

Eat more fruits & veggies

Eat some breakfast

Exercise daily

Skip "fast" food

Limit sweet treats

Limit Alcohol

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*"Deal with the brutal facts of your current reality-while maintaining absolute faith that you'll prevail."* ~ Jim Collins, author of Good to Great

### 3. What are the barriers between you and your goals?

Time schedule

Travel

Poor support from others

Never home

Work hours

No healthy food at home

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 4. How can you break through the barriers?

Set appts. for exercise

Use travel fit ideas

Ask for support from others

Walk at airports

Personal training

Keep healthy choices on hand

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*"It is not our abilities that show us what we truly are; it is our choices."*

~ Dumbledore, Harry Potter & The Chamber of Secrets

### 5. What's the payoff when you achieve your goals?

Look better

Feel fit and strong

More energy and stamina

Improved health

Fewer limitations

Avoid illness

Enjoy kids/grandkids

Grow "younger"

Life without limits

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 6. How will you reward yourself along the way?

Massage

Nail appts.

New clothes/shoes

Golf

Tennis

Visit loved ones

Hunting

Fishing

Sporting events

Theatre

Movies

Great vacation

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*In just 6 weeks, the lifestyle changes won't feel like a sacrifice at ALL! Just a necessary step to accomplish a very important goal.*

***Create a new version of "normal" for your life!***