

MY PERSONAL MINDSET AND MOVEMENT PLAN

CONTINUUM

WHAT I WANT TO DO

WHAT I COULD DO

GOALS

OBSTACLES

PLAN



ESTABLISHING BARS

MOVEMENT

NUTRITION

RECOVERY



CONTROL

INFLUENCE

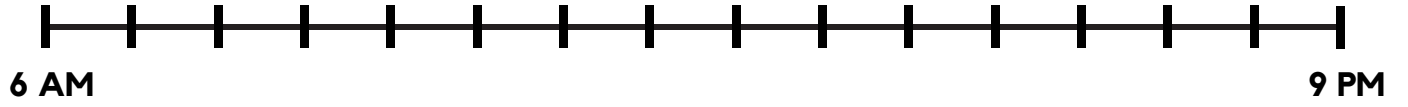
IGNORE



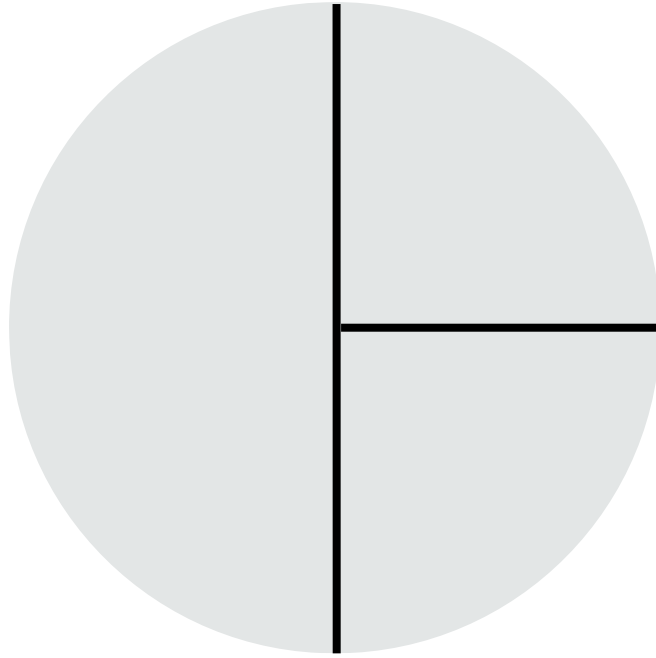
PLAN AHEAD

MY PERSONAL NUTRITION PLAN

EATING SCHEDULE



BALANCED MEALS



STRATEGIC SNACKS

_____ + _____

PLAN AHEAD

_____ → _____