

CHECK IN

QUESTION 1 Has your physique changed? If yes, how? If no, why not?



QUESTION 2 Have you noticed any changes in your mood? Energy levels?



QUESTION 3 Has anyone else noticed changes in your physique or moods?



QUESTION 4 Which areas are you succeeding in? Which are you struggling with?



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QUESTION 5 If someone gave you an awesome pep talk, what would they say?



QUESTION 6 Which achievements so far are you most proud of?



QUESTION 7 What else could you be doing to reach your goals?



QUESTION 8 What are your goals moving forward?

