Cityline Weight Loss Challenge 2018

Your 'Why' Sheet

Every journey begins with just one step…

Prior to beginning any new challenge—health or other—I am a big advocate of finding out your 'why'. By identifying the reasons you want to start (i.e. more confidence, more energy with your kids etc.) you will tap into the motivation and desire to keep you on track.

When you are beginning my program, I suggest starting a Cityline Weight Loss Challenge Binder (this is of course personal to you). Keep your "why" sheet as the first page of your binder. Check back on this sheet from time to time—it helps to keep you going!

Your 'why' questions to fill out are:

1. I am joining Cityline Weight Loss Challenge to feel:

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_____
_____
_____

2. My health goals in 2018 are:

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3. It would be a major breakthrough if I was able to:

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4. Those who will support me along the way include (my husband, my kids, my friends, Dr. Joey, Cityline Facebook group etc.):

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