



WORKOUT **IN WINTER**

JUNE POWER JULY STRENGTHEN AUGUST MOVE

Goal setting & progress journal

Contents

This journal has been created to help you reach your goals, start new positive habits and reflect on your progress throughout winter.

Within this journal you will find:

- Your winter pledge
- Monthly goal setting
- Monthly check ins and reflections
- End of winter reflection

Your pledge

I,

Am dedicated to moving my body this winter.
I am choosing to prioritise my body and mind.
I am capable of doing anything I set my mind
to and I'm ready to POWER, STRENGTHEN and
MOVE my body this winter.

SIGN

DATE

WHY are you choosing to workout this winter?

By defining your WHY for this challenge, you are pinpointing the thing that sparks a fire in you and will keep you driven throughout the challenges. Remind yourself of this when you're feeling unmotivated.

DATE 01 June 2022 LENGTH 12 weeks

GOAL

At the end of winter I want to feel fitter and stronger.

WHY

I always lack motivation and the desire to move when it's cold. Instead of coming out of winter feeling deflated and unfit I want to enter spring feeling fitter and stronger to be able to attack both my workouts and everyday life with more energy.

KEY MILESTONES

1. Complete the POWER Challenge
2. Complete the STRENGTHEN Challenge
3. Complete the MOVE Challenge

Tick me off as you go!



HOW WILL I ACHIEVE THIS

1. Purchase a yoga mat.
2. Organise my workout space.
3. Schedule my workouts in my diary.
4. Encourage a friend to take on the challenge with me.
5. Check my inbox each week for the motivational challenge email
6. Share my progress with the KIC Facebook community



REWARD

With every workout I complete, I'll put aside \$5 to treat myself to a massage & facial.

My goals

DATE

LENGTH

GOAL

WHY

KEY MILESTONES

1.

2.

3.

HOW WILL I ACHIEVE THIS

1.

2.

3.

4.

5.

6.

REWARD

Challenge 1: Power

Complete on or before Monday, 6th of June.

HOW DO YOU WANT TO FEEL AT THE END OF THIS CHALLENGE?

WHAT HABITS WOULD YOU LIKE TO DEVELOP?

WHICH KIC RECIPES DO YOU WANT TO TRY OVER THE NEXT 4 WEEKS TO HELP FUEL YOUR BODY?

HOW MANY WORKOUTS ARE YOU AIMING TO COMPLETE PER WEEK?

(This is your challenge, follow the workout schedule in a way that suits you).

Complete on or after Friday 1st July.

HOW DOES YOUR BODY AND MIND FEEL AFTER COMPLETING THIS CHALLENGE?

ONE A SCALE OF 1 - 10, HOW MUCH DID YOU ENJOY POWER PILATES WITH LEO?

HOW MANY WORKOUTS DID YOU COMPLETE THROUGHOUT THIS CHALLENGE?

OVER THE LAST 4 WEEKS, WHAT ARE YOU MOST PROUD OF?

WHICH NEW KIC RECIPE(S) DID YOU TRY?

WHAT DO YOU WANT TO IMPROVE ON FOR THE NEXT MONTH?

Challenge 2: Strengthen

Complete on or before Monday, 4th of July.

HOW DO YOU WANT TO FEEL AT THE END OF THIS CHALLENGE?

WHAT HABITS WOULD YOU LIKE TO DEVELOP?

WHICH KIC RECIPES DO YOU WANT TO TRY OVER THE NEXT 4 WEEKS TO HELP FUEL YOUR BODY?

HOW MANY WORKOUTS ARE YOU AIMING TO COMPLETE PER WEEK?

(This is your challenge, follow the workout schedule in a way that suits you).

Complete on or after Friday 29th July.

HOW DOES YOUR BODY AND MIND FEEL AFTER COMPLETING THIS CHALLENGE?

ONE A SCALE OF 1 - 10, HOW MUCH DID YOU ENJOY DANNY'S HIIT & STRENGTH SESSIONS?

HOW MANY WORKOUTS DID YOU COMPLETE THROUGHOUT THIS CHALLENGE?

OVER THE LAST 4 WEEKS, WHAT ARE YOU MOST PROUD OF?

WHICH NEW KIC RECIPE(S) DID YOU TRY?

WHAT DO YOU WANT TO IMPROVE ON FOR THE NEXT MONTH?

Challenge 3: Move

Complete on or before Monday, 1st of August.

HOW DO YOU WANT TO FEEL AT THE END OF THIS CHALLENGE?

WHAT HABITS WOULD YOU LIKE TO DEVELOP?

WHICH KIC RECIPES DO YOU WANT TO TRY OVER THE NEXT 4 WEEKS TO HELP FUEL YOUR BODY?

HOW MANY WORKOUTS ARE YOU AIMING TO COMPLETE PER WEEK?

(This is your challenge, follow the workout schedule in a way that suits you).

Complete on or after Friday 28th August.

HOW DOES YOUR BODY AND MIND FEEL AFTER COMPLETING THIS CHALLENGE?

ON A SCALE OF 1 - 10, HOW MUCH DID YOU ENJOY THE MOVE CHALLENGE?

HOW MANY WORKOUTS DID YOU COMPLETE THROUGHOUT THIS CHALLENGE?

OVER THE LAST 4 WEEKS, WHAT ARE YOU MOST PROUD OF?

WHICH NEW KIC RECIPE(S) DID YOU TRY?

End of Challenge Reflection



WHAT NEW HABITS HAVE YOU DEVELOPED?

HOW DO YOU PLAN TO CARRY THESE NEW HABITS INTO SPRING?

WHAT'S ONE THING YOU'VE LEARNT ABOUT YOURSELF?

WHAT ARE YOU MOST PROUD OF?

WHAT WAS YOUR FAVOURITE WORKOUT STYLE?

WHAT IMPROVEMENTS HAVE YOU SEEN AND FELT IN YOUR STRENGTH, FITNESS AND FLEXIBILITY?

HOW IS YOUR MENTAL HEALTH FEELING?

WHICH RECIPE IS GOING TO BECOME A STAPLE?

HAVE YOU FALLEN MORE IN LOVE WITH MOVING YOUR BODY?

ARE YOU FEELING MORE CONFIDENT?

You should be so incredibly proud of yourself for prioritising your body & mind this winter – we certainly are! Congrats on moving your body throughout the coldest months of the year. Spring is finally here, keep up the good work!