Yearly fitness goals

What this year is for, in writing, with four check-ins.

YEAR

NAME

THIS YEAR I WANT TO

WHERE I WANT TO BE BY

MARCH

JUNE

SEPTEMBER

DECEMBER

THE WEEKLY HABIT THAT GETS ME THERE

HOW I WILL KNOW IT WORKED

CHECK-INS

- [ ] **End of March**
- [ ] **End of June**
- [ ] **End of September**
- [ ] **End of December**