



A Division of Island Fitness Express, INC.

# New Habits Checklist

Basic Recommendations and Guidelines for Your New Lifestyle.

*Laws of Success:*

*Law of Possession* - "If it's to be, it's up to me."

*Law of Effort* - "Anything worth achieving is worth working for."

*Law of Consistency* - "I have to stick with the game plan."

*Law of Self Efficacy* - "If I think I can or I think I can't. I'm probably right."

Cardiovascular Training

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Resistance Training

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Flexibility Training

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Nutrition and Eating Habits

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## Goals

1)

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2)

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3)

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Your first appointment is \_\_\_\_\_ with \_\_\_\_\_

Voicemail Number \_\_\_\_\_ ext. \_\_\_\_\_ E-mail \_\_\_\_\_

**Name:** \_\_\_\_\_

AGENTS OF CHANGE