

FLEXIBLE FOOD GAMEPLAN

Edit your own version here

S	M	T	W	TH	F	S
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6X WEEK

- 3+ servings fruits and veggies
- Water: Drink half of bodyweight in ounces e.g. 200 pounds = 100oz

DAILY: WRITE # OF
ALCOHOLIC DRINKS

3 OR FEWER MEALS PER WEEK WITH

- Sweetened drinks
- Fried foods, bacon, chips
- Desserts and candy (except 70%+ dark chocolate)

Discipline is the bridge between goals and accomplishment
JIM ROHN

PURPOSE

AFFIRMATIONS AND NOTES

ENTREPRENEUR HEALTH AND BUSINESS GOALS CHECKLIST

Hey there! Here's a list to quickly assess how consistently you say yes to yourself and your goals without feeling guilty or mentally weak. Recheck as often as you'd like!

-Reggie, your Guilt-free Weight Loss Coach



YES!	Kinda	Help me	
☐	☐	☐	HEALTHY EATING I know what healthy eating is
☐	☐	☐	I feel great about my food choices and habits
☐	☐	☐	Eating healthy is a natural part of my schedule and goals
☐	☐	☐	I buy and cook healthy foods
☐	☐	☐	I make healthy choices when out to eat
☐	☐	☐	I manage my portions with ease
☐	☐	☐	I eat 5+ servings of fruits and veggies most days
☐	☐	☐	I drink half my body weight in ounces of water most days
GETTING ACTIVE			
☐	☐	☐	I know the health and business benefits of exercise
☐	☐	☐	I feel good at work without back aches
☐	☐	☐	I get active at least 22 minutes most days
☐	☐	☐	I know which exercises fit my goals and schedule

page 1 totals



***BUILDING ADAPTIVE BUSINESS LEADERS THROUGH
COMPASSIONATE HEALTH COACHING***

YES! Kinda Help me CONFIDENCE, REALISTIC FOCUS, AND ACCOUNTABILITY

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| ☐ | ☐ | ☐ | I am mindful of my goals, but not obsessed with them |
| ☐ | ☐ | ☐ | I recover quickly from "bad days" in health and work |
| ☐ | ☐ | ☐ | I effectively manage my stress, choices, habits, and life |
| ☐ | ☐ | ☐ | I set goals with realistic time spans |
| ☐ | ☐ | ☐ | People in my community love their work/life balance |
| ☐ | ☐ | ☐ | I have someone I trust to keep me accountable |

ADAPTIVE BUSINESS LEADERSHIP

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| ☐ | ☐ | ☐ | I feel connected with my vision and purpose |
| ☐ | ☐ | ☐ | I enjoy the recent progress in my business goals |
| ☐ | ☐ | ☐ | I enjoy the recent progress in my health goals |
| ☐ | ☐ | ☐ | I feel successful most days and weeks |
| ☐ | ☐ | ☐ | I feel energized by my work/life balance |
| ☐ | ☐ | ☐ | It is easy for me to say yes to myself and my goals |
| ☐ | ☐ | ☐ | I know how to lead the healthy, fulfilling life of my dreams |

Totals

Yes: 2 points

Kinda: 1 point

Help me: 0 points



SEE ALL 3!

40-50 points: You're doing great! Check out the [YouTube channel](#) for more tips

20-39 points: Join us in the free [SCALESMAHERS](#) community

0-19 points, or more than 8 Help me: Ready for support now? Head to fitforfreelance.com/coaching to see how we can work together

How did you do?

Good news- these aren't just affirmations and reminders of how to lead the healthy fulfilling life of your dreams. Uncover powerful vision and focus for daily success in these topics with the Guilt-free Playbook!