

Intention Cheat Sheet

I will be working out on _____, _____, _____,
_____, _____, (days) at _____, _____,
_____, _____, _____, (times) at this
location _____.

I will be preparing my healthy meals on _____,
_____, (days) at this time _____, _____.

Intention Cheat Sheet

I will be working out on _____, _____, _____,
_____, _____, (days) at _____, _____,
_____, _____, _____, (times) at this
location _____.

I will be preparing my healthy meals on _____,
_____, (days) at this time _____, _____.

Intention Cheat Sheet

I will be working out on _____, _____, _____,
_____, _____, (days) at _____, _____,
_____, _____, _____, (times) at this
location _____.

I will be preparing my healthy meals on _____,
_____, (days) at this time _____, _____.

Intention Cheat Sheet

I will be working out on _____, _____, _____,
_____, _____, (days) at _____, _____,
_____, _____, _____, (times) at this
location _____.

I will be preparing my healthy meals on _____,
_____, (days) at this time _____, _____.