



DediKate28

MY GOALS:

MY FAVOURITE MOTIVATIONAL AND INSPIRATIONAL QUOTE:

DEDIKATE28 CHECKLIST

At the end of each week, tick off what you have achieved!
This works to motivate you, and will also show you what you need to work on.
There is space to add in some of your own focus points.

| FOCUS POINTS | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|------------------------------------|--------|--------|--------|--------|
| EXERCISE 4X | | | | |
| DRANK AT LEAST 2L OF WATER PER DAY | | | | |
| MADE HEALTHY CHANGES TO NUTRITION | | | | |
| GOT ENOUGH SLEEP | | | | |
| MANAGED STRESS | | | | |
| HAD SOME TIME TO MYSELF | | | | |
| HAD FUN | | | | |
| | | | | |
| | | | | |

