

90 Day goals JULY Sept.

GOAL: Lose 20 lbs.

Theme: Consistency

- ① Intentional Eating
- ② Exercise
- ③ Mindset

TASKS

- | | | |
|--|---|--|
| <input type="checkbox"/> Hunger levels | <input type="checkbox"/> Workout min. 4x/week | <input type="checkbox"/> Group mindset Assg. |
| <input type="checkbox"/> meal plan weekly | <input type="checkbox"/> Strength train 3x/week | <input type="checkbox"/> monthly Coaching Call |
| <input type="checkbox"/> Increase track F&V | <input type="checkbox"/> Track miles | <input type="checkbox"/> Six books |
| <input type="checkbox"/> New healthy recipes | <input type="checkbox"/> No scale | <input type="checkbox"/> Affirmations |
| <input type="checkbox"/> Recipe Binder | <input type="checkbox"/> Track workouts | <input type="checkbox"/> IE Group |
| <input type="checkbox"/> Track daily IE | <input type="checkbox"/> Increase weights | <input type="checkbox"/> Podcasts 3x/week |

Personal

Validate idea by ↑ income by 25% / mo.

Theme: Clarity & Growth

- ① New Email List to 2000
- ② Product Launch 9/19
- ③ Shop

TASKS

- | | | |
|--|--|---|
| <input type="checkbox"/> CK basic list | <input type="checkbox"/> Finish BB | <input type="checkbox"/> Research plugins |
| <input type="checkbox"/> 2 blog posts/week | <input type="checkbox"/> Launch calendar | <input type="checkbox"/> Contact SP |
| <input type="checkbox"/> List of content upgrade | <input type="checkbox"/> product opt-in | <input type="checkbox"/> Legal Docs |
| <input type="checkbox"/> List opt-in | <input type="checkbox"/> outline | <input type="checkbox"/> Freebie |
| <input type="checkbox"/> IG strat. | <input type="checkbox"/> research | <input type="checkbox"/> Gifts |
| <input type="checkbox"/> Group participation | <input type="checkbox"/> write daily | <input type="checkbox"/> packaging |
| <input type="checkbox"/> Pinterest | <input type="checkbox"/> Brainstorm | <input type="checkbox"/> graphics |
| | <input type="checkbox"/> Tech | <input type="checkbox"/> Email tag |
| | | <input type="checkbox"/> Other Sites |

Business