



# Action Planner

SMART

Goal:

To weigh 95kg by midnight on 18th August 2023

## Brain Dump:

Eat healthily

Stick to a shopping list

Jog 3 x a week

Do weights 3x a week

Drink 2.5 litres of water daily

Set sleep schedule

Look up healthy recipes

Fast after 8pm

## Daily Habit:

Fast from 5pm to 8am

L1: No unhealthy snacks

L2: Fast from 5pm-8am

L3: Fast + no snacks

L4: Eat no carbs

## Priorities:

1: Ask Bev to come running

2: Write a shopping list

3: Only buy list items

4: Bed at 10.30 every night

5: Buy water bottle

6: Borrow Mum's weights

7: Find 3 healthy recipes

Time line

Task

1,2

3

4,5

6

7

Date

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th