

MAXIMUM

FITNESS

NO B.S. JUST RESULTS.

FOR MEN

ROBERT KENNEDY'S

WEEKLY GOAL TRACKER

Setting yourself up for success means you'll have to create clear, measurable, and manageable goals (See the January/February 2006 issue of **Maximum Fitness**). We've made it easy for you. Print and fill in the chart below, post it where you'll see it every day, check in regularly, and update it as you make progress.

MY ULTIMATE GOALS

Fitness: _____

Nutrition: _____

Weight loss: _____

Health: _____

MY SHORT-TERM GOALS

Fitness: _____

Nutrition: _____

Weight loss: _____

Health: _____

MY PLANS FOR THIS WEEK

MONDAY

Exercise: _____

Food: _____

Health habits: _____

TUESDAY

Exercise: _____

Food: _____

Health habits: _____

WEDNESDAY

Exercise: _____

Food: _____

Health habits: _____

THURSDAY

Exercise: _____

Food: _____

Health habits: _____

FRIDAY

Exercise: _____

Food: _____

Health habits: _____

SATURDAY

Exercise: _____

Food: _____

Health habits: _____

SUNDAY

Exercise: _____

Food: _____

Health habits: _____

We want to know when you hit your target. Tell us your success stories: letters@maxfitmag.com.