

BUILD CATEGORIES	Requirement	Frequency	Ways to Obtain
STEPS OR CARDIO	7500 steps per day or 30 minutes	5 days per week	<ul style="list-style-type: none"> ▶ Get a watch to count steps ▶ Perform any cardio activity for 30 minutes in a session (walking/biking/ other cardio machines/or classes)
STRENGTH TRAIN	8 exercises per day	2 days per week	<ul style="list-style-type: none"> ▶ Schedule a personal training appointment at Nimkee Fitness. ▶ Perform a home exercise resistance program or find a video online
WATER	64oz per day or make a personal goal	5 days per week	<ul style="list-style-type: none"> ▶ Buy a water bottle that you can fill up at a water station throughout your day. ▶ Be conscious of times when you can drink water. Drink water when you wake up.
PROTEIN	0.8 g per kilogram of body weight or multiply your weight in pounds by 0.36 or make a personal goal	4 days per week	<ul style="list-style-type: none"> ▶ Include a source of protein at each meal. ▶ Start the day with a high protein meal. ▶ Resource the protein source fact sheet.
SLEEP	6-8 hours per night	4 days per week	<ul style="list-style-type: none"> ▶ Consider ways to getting a good night sleep. ▶ Be conscious of not staying up to late. ▶ Set an alarm to go to bed.
FIBER	20 grams per day or make a personal goal	4 days per week	<ul style="list-style-type: none"> ▶ Resource the fiber fact sheet.
Relax/Self Care	Make a personal goal	Based on personal goal	<ul style="list-style-type: none"> ▶ Unplug for 1 hour with out electronics ▶ 10 minutes of meditation/prayer ▶ Schedule a message ▶ Read a book for 30 minutes ▶ Or other personal goals

**These guidelines are not intended to supersede professional medical advice or treatment.*

Name: _____

Nimkee *Fitness*

FEBRUARY							
Goal Categories	Mon 2/6	Tues 2/7	Wed 2/8	Thur 2/9	Fri 2/10	Sat 2/11	Sun 2/12
Steps/Cardio Goal amount in steps or minutes: _____							
Strength Train Goal amount in days and exercises: _____							
Water Goal amount in ounces: _____							
Protein Goal amount in grams: _____							
Sleep Goal amount in hours: _____							
Fiber Goal amount in grams: _____							
Relax/Self Care Share your personal goal: _____ _____ _____ _____ _____ _____							

BUILD TO HEALTH



Goal Categories	Mon 2/13	Tues 2/14	Wed 2/15	Thur 2/16	Fri 2/17	Sat 2/18	Sun 2/19
Steps/Cardio Goal amount in steps or minutes: _____							
Strength Train Goal amount in days and exercises: _____							
Water Goal amount in ounces: _____							
Protein Goal amount in grams: _____							
Sleep Goal amount in hours: _____							
Fiber Goal amount in grams: _____							
Relax/Self Care Share your personal goal: _____ _____ _____ _____ _____ _____ _____							

BUILD TO HEALTH



Goal Categories	Mon 2/20	Tues 2/21	Wed 2/22	Thur 2/23	Fri 2/24	Sat 2/25	Sun 2/26
Steps/Cardio Goal amount in steps or minutes: _____							
Strength Train Goal amount in days and exercises: _____							
Water Goal amount in ounces: _____							
Protein Goal amount in grams: _____							
Sleep Goal amount in hours: _____							
Fiber Goal amount in grams: _____							
Relax/Self Care Share your personal goal: _____ _____ _____ _____ _____ _____ _____							

BUILD TO HEALTH



Goal Categories	Mon 2/27	Tues 2/28	Wed 3/1	Thur 3/2	Fri 3/3	Sat 3/4	Sun 3/5
Steps/Cardio Goal amount in steps or minutes: _____							
Strength Train Goal amount in days and exercises: _____							
Water Goal amount in ounces: _____							
Protein Goal amount in grams: _____							
Sleep Goal amount in hours: _____							
Fiber Goal amount in grams: _____							
Relax/Self Care Share your personal goal: _____ _____ _____ _____ _____ _____ _____							