



The Journey Starts Here

Welcome to the Body Revival Transformation Goals Journal – the tool that will help you achieve your health & fitness goals by taking planned and consistent action.

As students of physical performance and nutrition we are amazed by techniques and methods that help people achieve their goals and create a life they love.

What you want to achieve is very important, goals create new opportunities and build your confidence to move out of your comfort zone.

This journal is not a motivational “whoop, whoop you can do it!” self-help book, it’s an effective step by step system that will help you plan your goals and break them down into simple daily and weekly habits.

It works, but it only works with you! Without you, it’s just another booklet on the shelf. That’s why we’ve designed this journal in the most simple and easy to use way, to make it easy to plan and track each step of the way.

We hope you can use this book as a stepping stone to becoming new and better you!

Now let’s do it!

Body Revival Team



How It Works – Your Transformation Goal Journal

First you need to set your goals, but you don't want to be vague. When you just say for example "I want to lose weight", that is a wish with no deadline, no sense of urgency.

In the 1960s psychologists Edwin Lock and Gary Latham discovered that working on specific goals led to better task performance than vague or easy goals.

You want to make your goal SMART:

S – Specific – I want to lose 5kg

M – Measurable – I can check how much my weight has changed using a scale each week set

A – Attainable – 5kg is a realistic weight loss goal for 90 days

R – Relevant – I will be healthier, have more energy, enjoy my life more and have more confidence when I lose 5kg

T – Time-based – my wedding is in 3 months and I want to lose the 5kg by then

Now instead of having a vague idea of what you want to do, you have created a specific target, you know how to track your results, why you want to achieve them, how to break them down into smaller milestones and that this goal is definitely within your reach if you take the right actions.



How It Works – Progress

Next thing you will do is break down your goal into progress / development that will help you navigate towards your goal.

To make it simple you want to look at your goal and figure out what are the 3 major things you need to do to achieve it.

Taking the example above (5kg weight loss in 3 months) you would set these milestones:

1. Be more active
2. Improve and maintain good nutrition
3. Create a healthy routine

Being more active will help with your weight loss, by burning calories, boosting your circulation, metabolism and strength, give you sense of achievement, increasing your endorphins and improve confidence levels.

Improving nutrition will help with your fat loss by removing empty calories, nourish your body with a balance of macro and micro nutrients and providing sustainable, quality nutrition.

Creating a healthy routine for mind and body will help your fat loss by balancing your hormone levels, reducing stress and improving quality of sleep.



How It Works – Actions

The Action + Tasks we have are very general and as you know we want to be very specific on what needs to be done. To do that you will decide on 3 actions you need to take weekly to achieve your goal.

Let's look at our previous example:

1. Be more active:
 - a. Train at least 3 times every week
 - b. Walk the dog every morning and evening
 - c. Park further away when shopping.
2. Improve and maintain good nutrition:
 - a. Drink 3ltrs of Water Daily
 - b. Organise my meals throughout the week from home
 - c. Eat out only once a week
3. Create a healthy routine:
 - a. Plan your next day before going to bed
 - b. Go to bed the same time every night to maintain 7-8 hours sleep
 - c. Mediate for 20min Daily

It's fairly simple and obviously you can take some ideas from the examples above if your goal is similar.

Once you turn this page it's time for you to set your goal, Actions and Tasks.

Now let's do it!



Your Transformation Roadmap

TRANSFORMATION GOAL:

.....

This goal is very important to me because:

.....

.....

PROGRESS GOALS:

1.

2.

3.

ACTIONS + TASKS:

Based on 1st Progress Goal:

1.

2.

3.

Based on 2nd Progress Goal:

1.

2.

3.

Based on 3rd Progress Goal:

1.

2.

3.



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Your Transformation Roadmap

MY COMMITMENT

I, commit to completing this goal by:

.....

When I achieve this goal, my life will improve in the following ways:

.....
.....
.....
.....
.....

If I complete this goal by my target date, I will reward myself with:

.....

I will do the following three things to ensure that I use my Body Revival Transformation Goals Journal to take action on these goals every day:

1.
2.
3.

Signed _____ Date _____



WEEKLY TRAINING PLAN

To set yourself up to succeed, the most important thing that needs to be done is to ensure you plan adequately to guarantee you achieve your goals and to set yourself up for a WIN!

Training and exercise should be scheduled in weekly, like you would schedule in weekly appointments and to set your lifestyle up so it becomes a necessity. Like you would pick up the kids from school, go to work, brush your teeth, eat dinner...same thing should be done with you training and exercise.

Set times and types of training that you will do throughout the week, plan them in times that would suit you best and where you can fully commit.

We all have 24 hours a day, we all are busy, we are all tired, we also ALL HAVE TIME...you are not a special snow flake EVERYONE HAS TIME if you think you don't CREATE IT! Your attitude is everything....you create your own story, you are the narrator of your life!

Depending on your training history ensure you don't over commit...start with 3 days a week, allow 45min – 1hours. When you achieve that and you are consistent you can build up. One step at a time...YOU GOT THIS!

Ensure your training plan is achievable, every week you can progress, until your find that happy medium and make necessary updates as you go.

DAY	TIME	ACTIVITY / TRAINING TYPE
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		