



Grow With Joe, LLC  
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### About this Worksheet

This worksheet is designed to help you understand the importance of working on your physical self. If you constantly work on yourself, you'll go from good, to great, to unstoppable. This takes time but here is the first step towards having a better life. The more effort you put into yourself, the more opportunities for success you'll have.

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What is a benefit of being stronger, thinner, and having more energy now?

What is a benefit of being stronger, thinner, and having more energy in the future?

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### Your Environment

Who in your circle is affecting your physical self the most?

Disclaimer: This worksheet is for general self-awareness only. If you have a serious need, please contact a mental health professional.

What about your home is affecting your health?

How is your work environment affecting your health?

How is your cooking skills affecting your health?

Who or what things do you need to say NO! in order to get your health back?

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## The Body Follows The Mind, The Mind Follows The Body

How would you grade your posture?

Who can you see to fix your posture?

[www.docjenfit.com/move](http://www.docjenfit.com/move)

Spider man stretch

Door way stretch

Neck Stretches

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How can you track your 10,000 steps a day and how can you make sure you're walking 10,000 steps a day?

How can you prevent from sitting down form more than an hour at a time?

### Ways to do cardio

Go walk for 15 minutes  
Elliptical  
Biking  
Running

### Options for Resistance Training

Body Weight Exercises  
Kettlebells  
Dumbbells  
Orange Theory  
Yoga  
Solid Core  
Soul Cycle  
TRX Training  
Crossfit

How much sleep are you getting a night?

Hours of sleep a night:  
Blackout Curtains [ ]  
Room kept between 65-75 [ ]  
Ivy or snake plant in room [ ]  
Magnesium cream [ ]  
Sex [ ]  
No caffeine afte 2pm [ ]  
No Alcohol [ ]  
Removed electronics from room [ ]  
Note pad and pen next to bed [ ]

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## Abs Are Made In The Kitchen

Can you follow the slow carb diet?

When is your cheat day going to be?

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## Are you being too comfortable?

Ready to take cold showers?

1 sec cold shower for a week [ ]

5 sec cold shower for a week [ ]

15 sec cold shower for a week [ ]

30 sec cold shower for a week [ ]

1 min cold shower for a week [ ]

2 min cold shower for the rest of your life [ ]

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## The Only Thing You Should Be Smoking Is Your Competition

Can You Stop Smoking

What activity can you replace with smoking?

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