

MEE - FIT

SPRING SUMMIT 2025

NAME:

SPRING RESET

WHAT HEALTH & FITNESS GOALS DID YOU SET YOURSELF IN JANUARY?

HOW'S IT GOING SO FAR?

What goals have you achieved, or still working on, or have not actioned yet or have changed since Jan?

WHAT HAS HELPED OR HINDERED YOUR PROGRESS?

Lists the goals and what has helped or hindered your progress

SPRING RESET WHO ARE YOU?

WHO ARE YOU ON A “GOOD DAY” & WHAT DO THESE DAYS LOOK LIKE?

What are you doing, how do you feel? Are you upbeat, energised, more productive, more organised or motivated or active? Do you prep food, smash it at the gym, eat healthier?

WHO ARE YOU ON A “BAD DAY” & WHAT HAPPENS?

What do you struggle with & why? What do these days look like and feel like? Are you un-motivated, tired, stressed or fed-up? Do you drink more alcohol, eat more processed foods or binge eat? Do you hibernate or lose focus?

SPRING RESET THE RIGHT SUPPORT

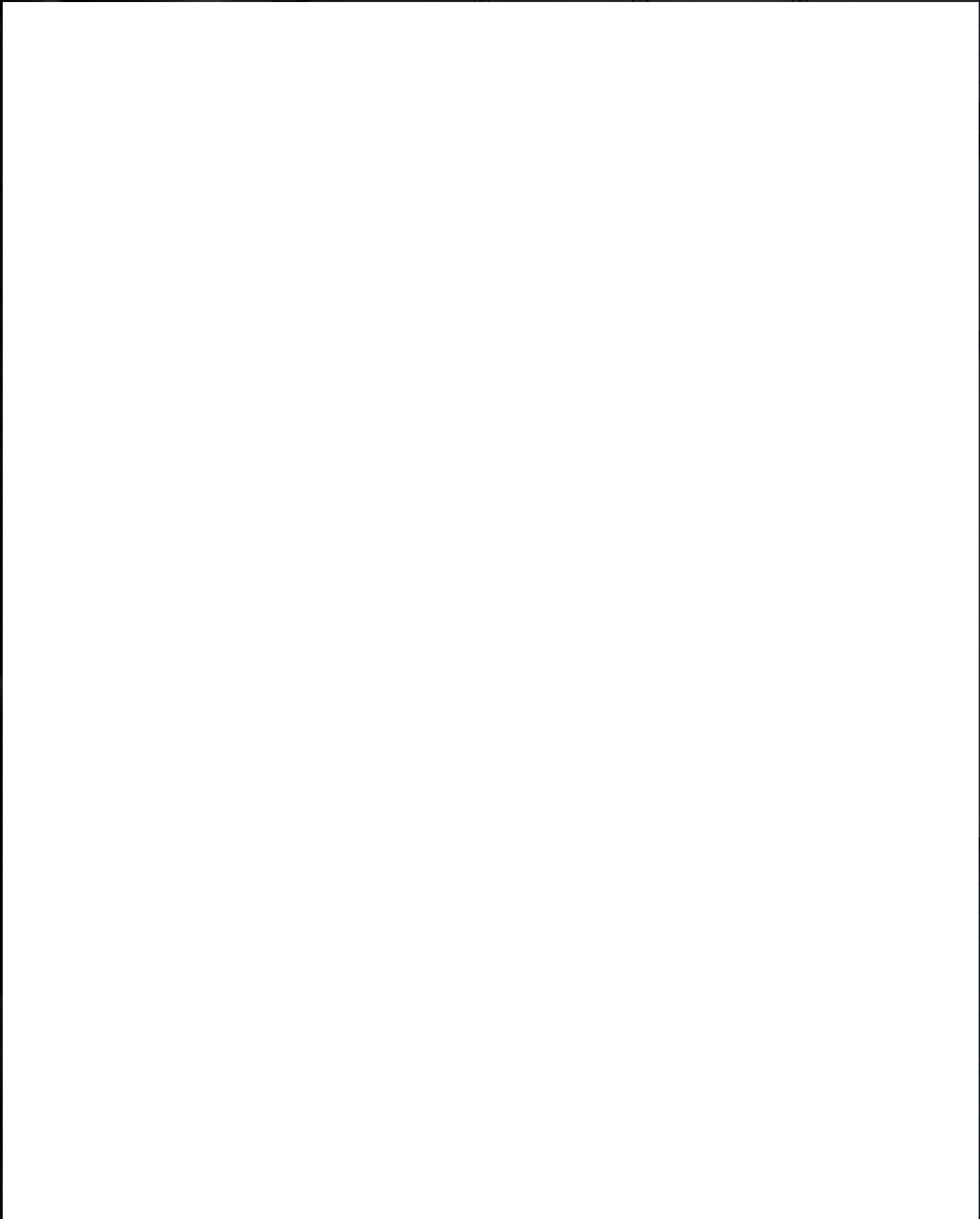
WHAT DO YOU NEED ON YOUR “BAD DAY”?

Do you need support? What kind? Do you need structure, a plan, a reminder? Do you need some time out, some space or some decent food, a chat with a friend, partner or coach?

ACKNOWLEDGE & BE KIND TO YOURSELF

Now you know how you are, on these good and bad days - connect the two. Acknowledge “Who You Are” and be kind to yourself. What good things, from your “good days” could you bring over to help you on your “bad days”?

HEALTH AT EVERY SIZE





FEEDBACK

WHAT ARE YOUR THOUGHTS?

WE WOULD REALLY APPRECIATE YOUR **FEEDBACK** ON TODAY'S SUMMIT!

Please let us know your thoughts, what new things you've learnt and what else you would like us to do or talk about at future talks and workshops.

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FACE #