

# THE SCULPT SESSIONS CHALLENGE Goal Chart

Start date: ..... Completion date: .....

**My Goals at the end of this Challenge are:**

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

*e.g. I want to tone up, I want to become more mobile and flexible. I want to try a new type of training that I haven't done before*

**I am going to aim to move ..... days during this challenge.**

**To achieve this number, I am going to:**

.....  
.....

*e.g. I am going to make a plan at the start of every week so I can fit my workouts in; I am going to post to the private group for support & motivation if I find I'm struggling*

**I'm taking on this challenge to improve my flexibility, move my body, increase my awareness of how I move and feel good. I want to move my body \_\_\_ days in total during the challenge (track this by ticking the boxes of your tracking document)**

**Signed:** .....

