

THE NERD FITNESS CHALLENGE

1. Pitfalls

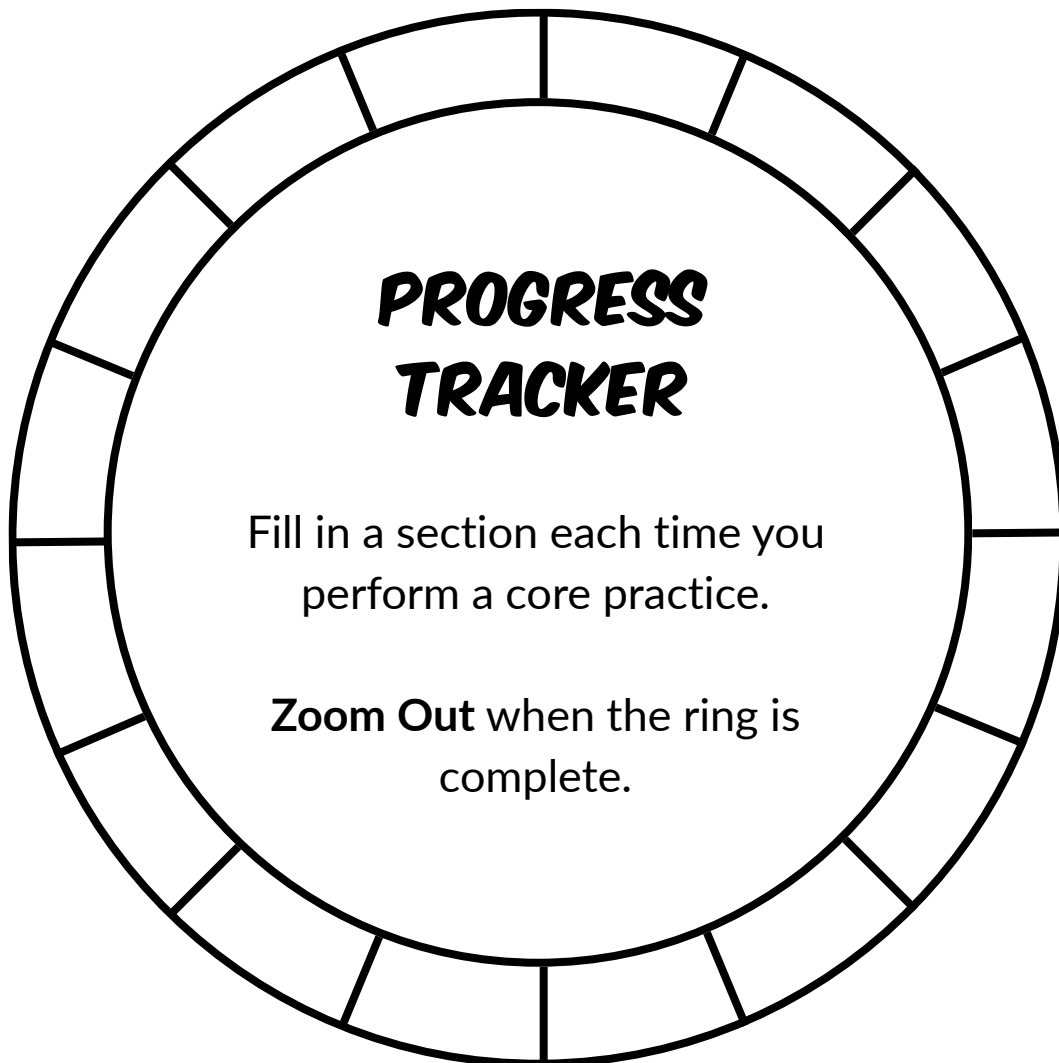
List the common challenges that knock you off track. (We'll use these to plan ahead!)

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2. Core Practices

Select 1 or 2 actions to laser focus on for this challenge. (I.e. workout, build a balanced plate, etc.)
We will go over options together if you are stuck.

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3. Dial Mode

Create short back-up plan for your most common pitfalls.

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4. Zoom Out

Answer these questions to set up your next steps.

- *What went well?*
- *What was a challenge?*
- *What adjustments (if any) will I make moving forward?*