



# **READY CHECK AND GO!**

## **MIND-SET STUFF**

- Find your reason
- Create or print off your fitness motivational quotes and pin them up
- Print out your chart
- Fill in your fitness success chart
- Find a place to pin up your chart

## **PHYSICAL STUFF**

- Do you have an uninterrupted?
- Get your exercise bands
- Get your exercise ball
- Get a decent set of running shoes
- Get your training clothes sorted
- Familiarise yourself with the exercises you will be doing in your first week
- Make sure that you have your cardio route planned
- Make sure you have a 1/2 way marker on your cardio route