Life Checklist

Name: Mary Jones

Date: 2023/12/18

Current Life Status:

Mary is currently 25 years of age, is relatively health with little history of injuries or illnesses.

Current Aspirations:

Mary wishes to be able to complete a half marathon in 2024, and seeks to increase her health and fitness by adopting a well-balanced diet and enhancing her physical health.

My Life Aspect	I have yet to do this	I need to do this more often	I do this well	Additional Comments
Walk for 30 minutes a day.	☐	☐	☑	Continue doing this in the mornings or evenings.
Begin jogging 2-3 times a week in month 1.	☐	☑	☐	In the first month of training, Mary seeks to jog for at least 20 minutes.
Stretch for at least 10 minutes following exercise.	☑	☐	☐	
Warm up by performing light exercise and dynamic stretches.	☑	☐	☐	This will ensure the body is ready, and may prevent injuries.
Develop a cool down routine to follow exercise.	☑	☐	☐	This may involve static stretches to help the body recover and prevent injury.
Seek guidance from a registered dietician.	☑	☐	☐	
Develop meal plans or options to ensure Mary is getting the right nutrients.	☑	☐	☐	
Begin running for at least 30 minutes, 2-3 times a week in month 2.	☑	☐	☐	
Keep a log of running progress by documenting time and distance.	☑	☐	☐	Keep a running and exercise journal.
Begin running for at least 30 minutes 3-4 times a week in month 3.	☑	☐	☐	
Begin running for at least 45 minutes.	☑	☐	☐	

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