
WELCOME



I'm so happy you're here!

**I'm Jenny, and together, you
WILL hit your goals.**



This programme means so much to me because I know how amazing and powerful it is to get intentional about what you want to achieve and what you want your life to look like.

Setting goals and getting organised to achieve them is such an important thing to do - it can change your life completely.

I hope these planners, which form part of the 6 week fat loss programme, will really help you and I'm so excited to see your amazing achievements.

Love Jenny xx

jennypalmerfitness.com

*Train
with
Jenny*

HABIT TRACKER



When we want to be successful in the long-term, we need to focus on the short-term habits that will help us to show up as the person we need to be.

When you decide to adopt positive new habits, it's so useful to have a way of tracking that you're sticking to your new commitments and this tool will help you do exactly that.

DAILY JOURNAL (WITH PROMPTS)

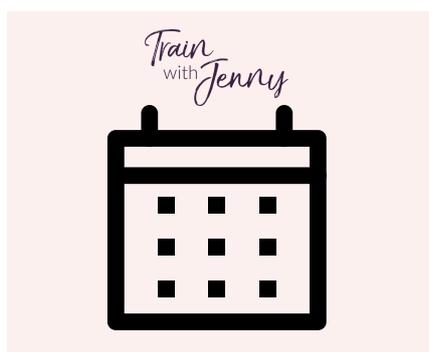


In order to connect with ourselves and get clear on what's working and what isn't in our lives, it's so important to take a few moments each day to reflect on what's happening.

This daily journal with prompts is the perfect tool to help you connect with your feelings, practice gratitude, remind yourself of your goals, build confidence and keep a clear mind.

6 WEEK PLANNER

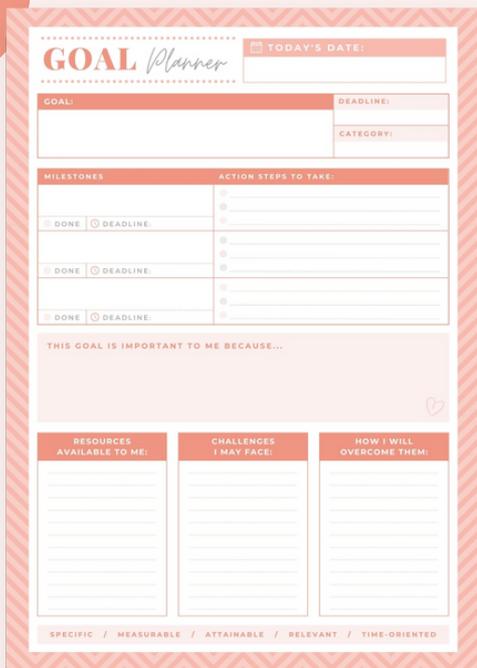
Use this planner to map out the best 6 weeks ever! Simply follow the questions step by step and dream up a plan to achieve your goals.



PRINTING *Instructions*

A4 PLANNERS

A4



The image shows a detailed A4 goal planner form. At the top, it says 'GOAL Planner' and 'TODAY'S DATE:'. Below this are fields for 'GOAL:', 'DEADLINE:', and 'CATEGORY:'. The main body is divided into two columns: 'MILESTONES' and 'ACTION STEPS TO TAKE:'. Each milestone row includes a 'DONE' checkbox and a 'DEADLINE:' field. Below the milestones is a section for 'THIS GOAL IS IMPORTANT TO ME BECAUSE...'. At the bottom, there are three columns: 'RESOURCES AVAILABLE TO ME:', 'CHALLENGES I MAY FACE:', and 'HOW I WILL OVERCOME THEM:'. A footer note reads 'SPECIFIC / MEASURABLE / ATTAINABLE / RELEVANT / TIME-ORIENTED'.

11.69 Inches

8.26 Inches



Size: A4

Dimensions:

8.26 " X 11.69 "

210 X 297 mm

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How Do I Know Which File Size To Use?

Check the packaging of the printing paper you use - the dimensions shown on your printing paper should indicate the size you need.

This is a standard paper size normally used in Europe and Australia.