

# How to Live On Fire BODY Worksheet

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## BASELINE

|                         | Current | Desired |
|-------------------------|---------|---------|
| Weight                  |         |         |
| Body Fat %              |         |         |
| Activity Level          |         |         |
| General Overall Feeling |         |         |

## DESIGN YOUR FUTURE

### Step 1: Choose an Event

Find an event to train for – it can be as simple as a 5 KM run... or as onerous and punishing as the Ironman Triathlon in Hawaii. Ensure that the event falls within the next 3-6 months.

Event Name: \_\_\_\_\_

Event Date: \_\_\_\_\_

Event Location: \_\_\_\_\_

Signed Up? YES NO

Sign-Up Date: \_\_\_\_\_

### Step 2: Set-Up a Training Plan

Ask someone to help you set-up a training plan for this event.

Who will create your Training Plan for the Event?

\_\_\_\_\_

Commitment for Training Plan:

\_\_\_\_ Days per Week x \_\_\_\_ Mins per Day

Training Plan Complete? Y N

Training Plan:

| Day    | Cardio | Weight Training | Stretch/Cool Down |
|--------|--------|-----------------|-------------------|
| MONDAY |        |                 |                   |

|           |  |  |  |
|-----------|--|--|--|
| TUESDAY   |  |  |  |
| WEDNESDAY |  |  |  |
| THURSDAY  |  |  |  |
| FRIDAY    |  |  |  |
| SATURDAY  |  |  |  |
| SUNDAY    |  |  |  |

### Step 3: Get Some Tunes

Music is crucial to maintaining the energy and motivation you need to train hard. Make sure you select the right tunes and find a way to change it up every week or so.

Music List – 10 'ON FIRE' Songs:

| Song # | Artist        | Title       |
|--------|---------------|-------------|
| 1      | Kings of Leon | Sex on Fire |
| 2      |               |             |
| 3      |               |             |
| 4      |               |             |
| 5      |               |             |
| 6      |               |             |
| 7      |               |             |
| 8      |               |             |
| 9      |               |             |
| 10     |               |             |

### Step 4: Fully Commit Yourself

Make a commitment to yourself – something to help you push through when the inevitable strikes and you try to talk yourself out of working out (I am too busy, I don't feel like it, What's the point?, etc.)

I \_\_\_\_\_ (insert your name) commit to competing in this event and the training required to be ready for it. I will stay committed from 3 hours to 3 minutes before my required training and event time.

Signed:

Date:

Witness:

## Step 5: Get Accountability

Get people to hold you accountable for moving forward. One idea: ask them to compete in the event with you.

### Accountability Partner 1

Name: \_\_\_\_\_

Compete in Event With You? Y N

Weekly Check-In: \_\_\_\_\_

### Accountability Partner 2

Name: \_\_\_\_\_

Compete in Event With You? Y N

Weekly Check-In: \_\_\_\_\_

### Accountability Partner 3

Name: \_\_\_\_\_

Compete in Event With You? Y N

Weekly Check-In: \_\_\_\_\_