



ADIDAS SUMMER SERIES



SET YOUR GOALS

LET'S START OFF THE ADIDAS SUMMER SERIES RIGHT WITH BEING INTENTIONAL ABOUT CREATING BIG GOALS FOR OURSELVES.

FILL OUT 1-2 GOALS THAT YOU ARE STRIVING FOR IN EACH CATEGORY. TRY TO THINK OF GOALS THAT ARE ATTAINABLE AND MEASURABLE! ONCE YOU HAVE THEM WRITTEN OUT, HANG THEM UP TO KEEP YOURSELF ACCOUNTABLE.



MIND

EXAMPLE - GIVE OUT A DAILY COMPLIMENT TO SOMEONE AROUND YOU.

EXAMPLE - RUN THREE TO FOUR TIMES A WEEK.

BODY

EXAMPLE - DO SOMETHING YOU LOVE ONCE A WEEK.

SPIRIT





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ACTIVITY TRACKER

USE THIS AS A RESOURCE TO START RECORDING HOW OFTEN YOU MOVE YOUR BODY AND TO CREATE HEALTHY HABITS FOR THE REST OF THE SUMMER!

WEEK ONE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL

WEEK TWO:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL

WEEK THREE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL

WEEK FOUR:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL

