

RunningDivaMom

www.RunningDivaMom.com

What is your overall goal with this program?

How many pounds would you like to lose during this session? How many pounds would you like to lose long-term?

What are your running goals with this program?

How are you going to accomplish your goals?

Who can help you achieve your goals?

What motivates you?

How do you feel right now?

How do you want to feel when you are done with this program?

Running Diva Mom

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"... Don't fear moving forward ... Fear standing still ..."