

# HOLIDAY STUDIOS

---

A workout program takes time and dedication. Most of all a client's attitude towards exercise can mean the difference between success and failure. Therefore, we have a strict "no complaining policy" and a belief that anything is possible with hard work and perseverance. We want you to enjoy your workouts at HS, but we also want you to have results. Our goal is to redefine the fitness experience for women so that they meet their workouts with enthusiasm and higher expectations. Let the fun begin and thank you for choosing Holiday Studios.

## GOALS

1. My goals for this month are

---

---

2. I would like to change my nutrition by

---

---

3. In the past I didn't meet my goals because

---

---

4. I need help with

---

---

5. The best version of me would be

---

---

6. The areas of my body I don't like are

---

---

7. I think my best areas are

---

---