



Vision-Scaping



Before you start your fitness journey, it's important to:

1 Have a **VERY** clear understanding of your current situation in terms of how you feel physically, emotionally, psychologically, and spiritually.

2 Have a clear **VISION** of how differently you would like to feel physically, emotionally, psychologically, and spiritually at the "end" of your fitness journey.

Current Situation

Future Vision
