

ASSESSMENT 2024

1. In 2024, did you respect the training frequency you had set for yourself?

2. What obstacles did you encounter that prevented you from doing your training?

3. Have you reached your fitness goals?

4. What eating habits are you proud to have adopted by 2024?

5. What motivated you to take care of yourself and your health in 2024?

6. Do you think signing up for group training sessions could help boost your attendance levels and motivation?

7. Do you feel you've taken enough time to relax and refocus?

8. What has been your biggest nutritional challenge?

9. In 2024, have you tried to push your limits?

10. How do you make your training sessions more varied and therefore more motivating?

Now that you've completed your assessment, look at what has worked for you in 2024. Next, identify your priorities for 2025. Highlight the answers to the questions that seem like obvious goals for the coming year. Then describe as concretely as possible how you're going to make sure you achieve them.

HAPPY NEW YEAR!

