



# THE ULTIMATE GOAL TRACKER

Find yourself constantly giving up and starting again? You don't need a 'new you' or a new goal. You need a new plan.

THE **MEG** METHOD

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**“WE ALL DEAL  
WITH SETBACKS  
BUT IN THE LONG  
RUN THE QUALITY  
OF OUR LIVES  
OFTEN DEPENDS  
ON THE QUALITY  
OF OUR HABITS.”**

**JAMES CLEAR.**

THE **MEG** METHOD



## MEET YOUR COACH

MEG WALKER, FOUNDER, FITNESS & WELLNESS COACH  
& STICKY TOFFEE PUDDING ENTHUSIAST.

My mission is simple: to help you move, think, and feel better. Just like you, I've faced the confusing world of health and fitness, dealing with challenges, burnout, and setbacks from unsustainable fixes.

Here's the truth: getting fit can be hard, but it shouldn't be complicated. That's why my coaching approach is all about simplicity and sustainability. Over the past decade, I've transformed from a tired, anxious mess into an energetic, anxiety-free athlete, conquering marathons, Ironman, and setting Guinness World Records.

I understand the value of incredible customised coaching. Now, let's redefine wellness together and achieve your goals sustainably. Your journey is unique, and I'm here to guide you every step of the way.

# GOAL TRACKER

## WHAT IS IT?

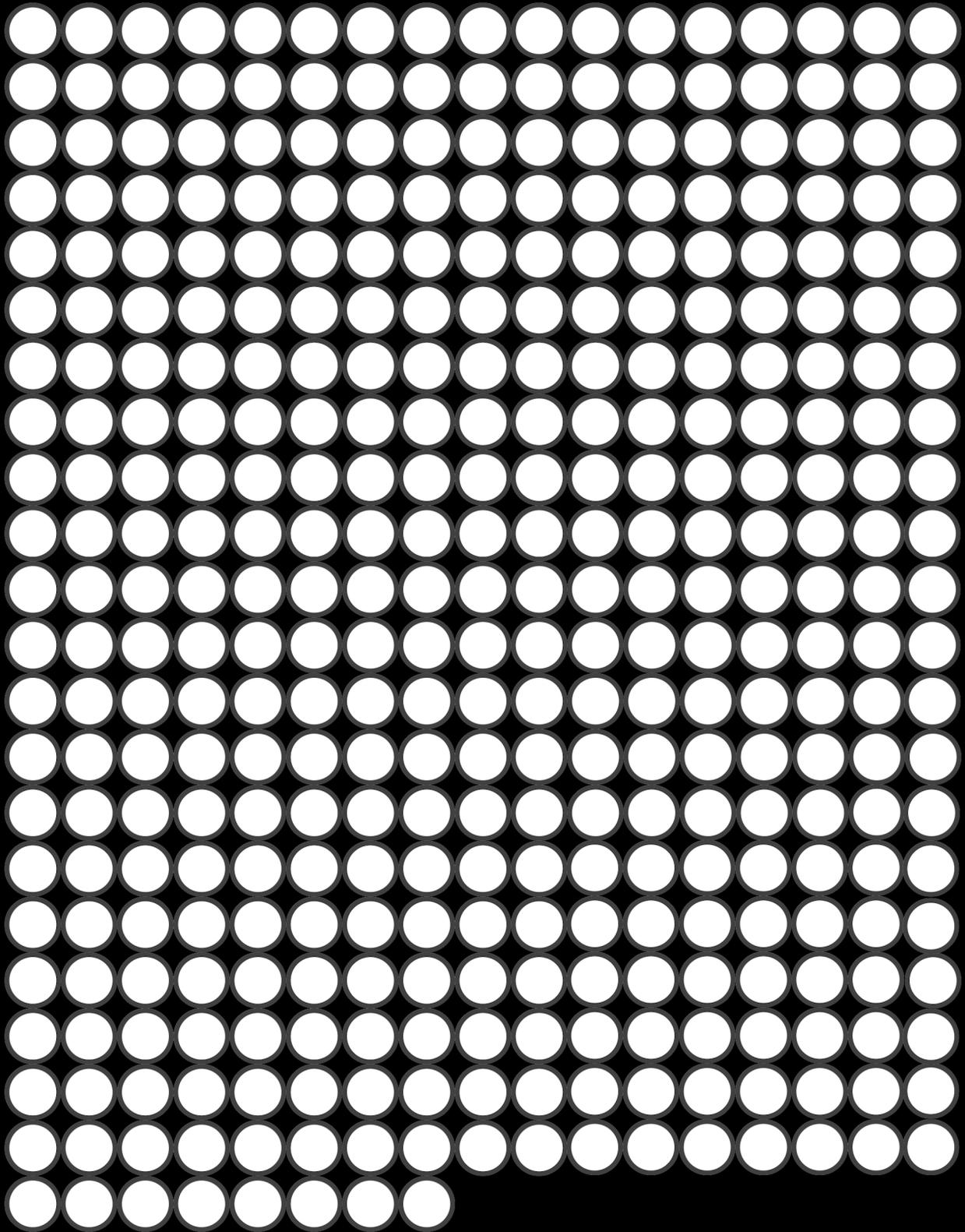
Every action you take compounds over time to create something really valuable.

Watch how your progress soon adds up over the week, month, quarter and year.

Every day is not going to be perfect. You may have to skip the odd dot but let's see what progress you can make in a year if you keep showing up and taking action (fill in or tick off a dot each day you hit your goal.)

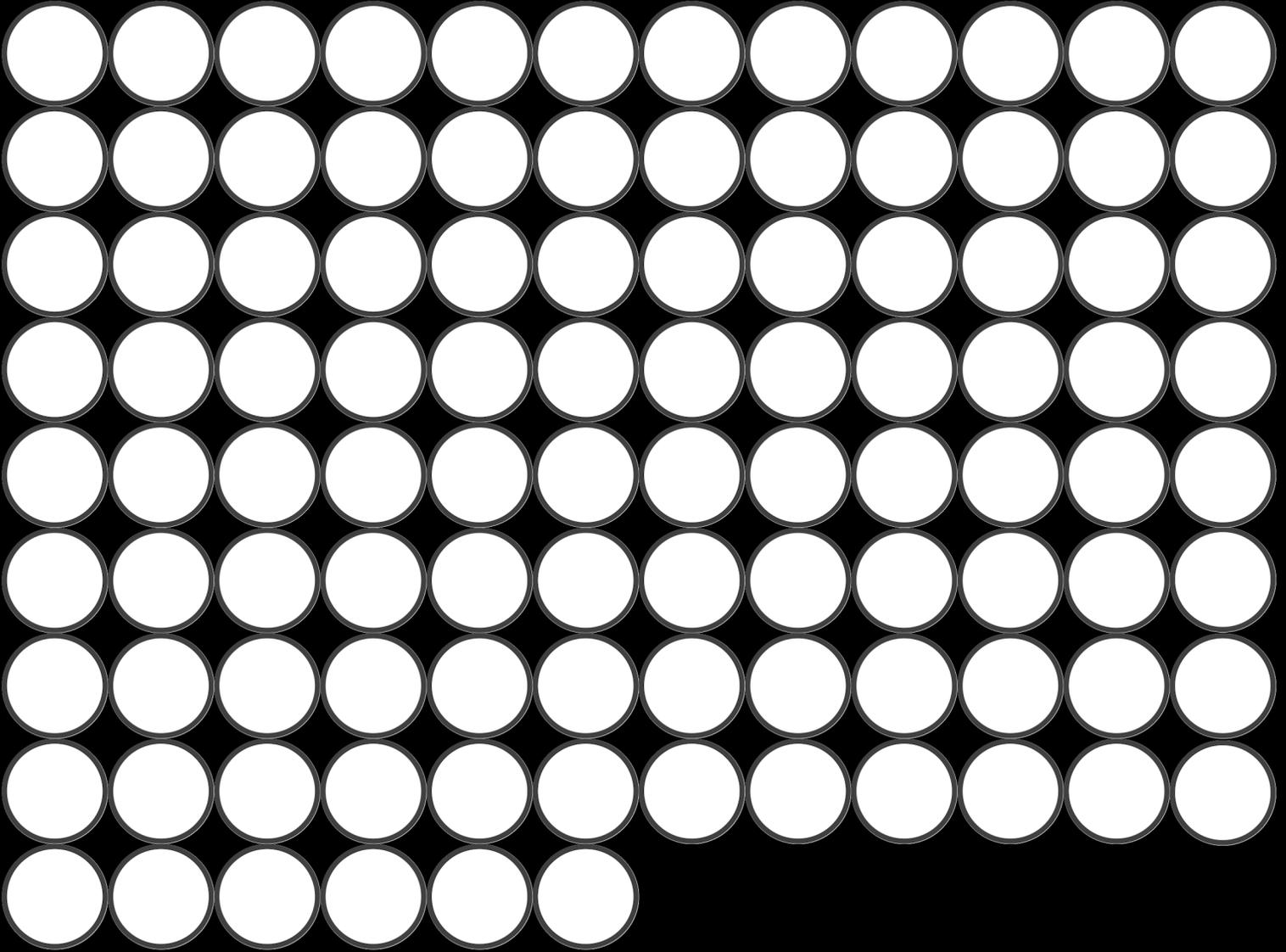
Get to ready to tick off/colour in them dots!

2023



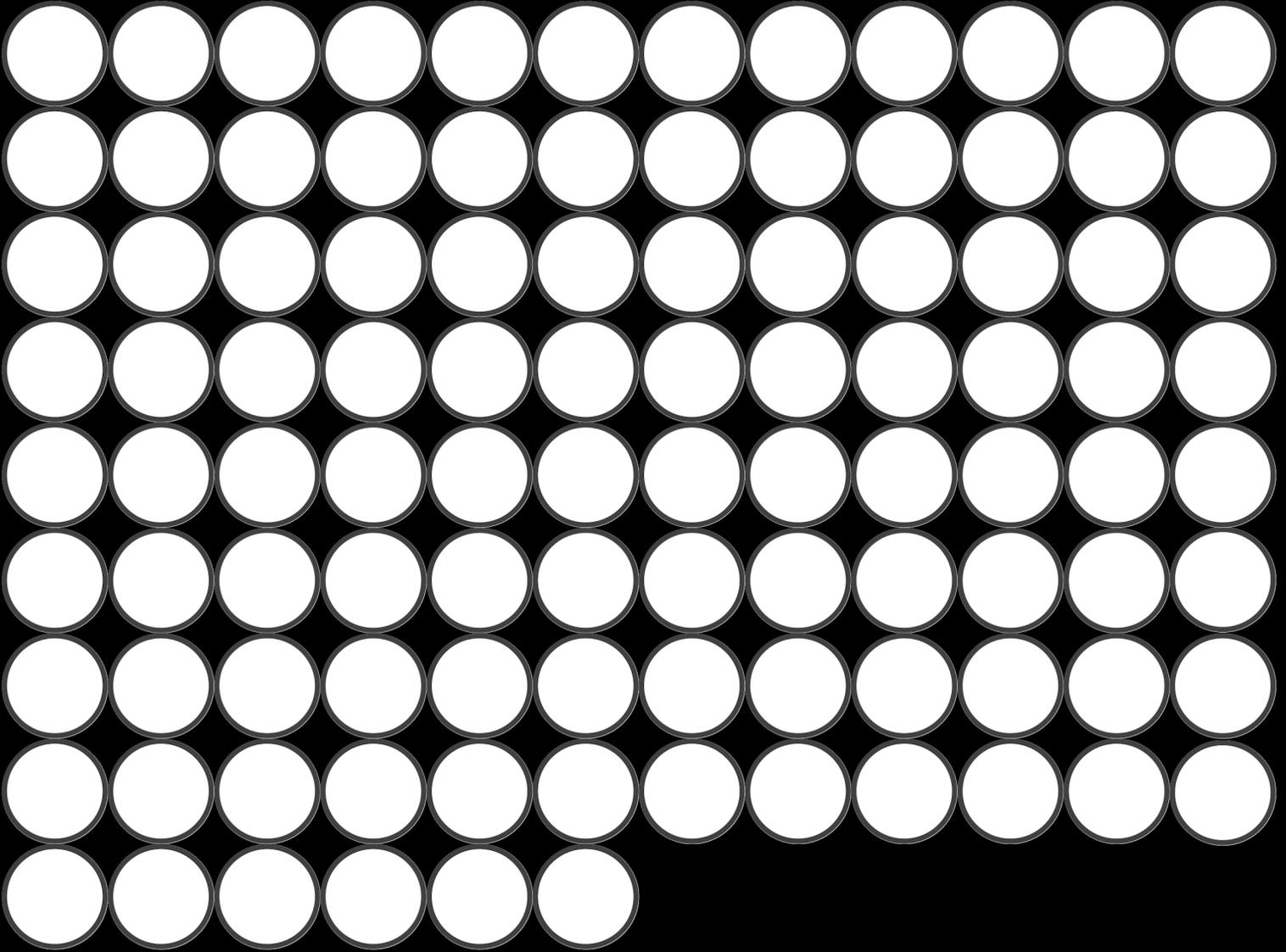
MY GOAL:

# QUARTER 1



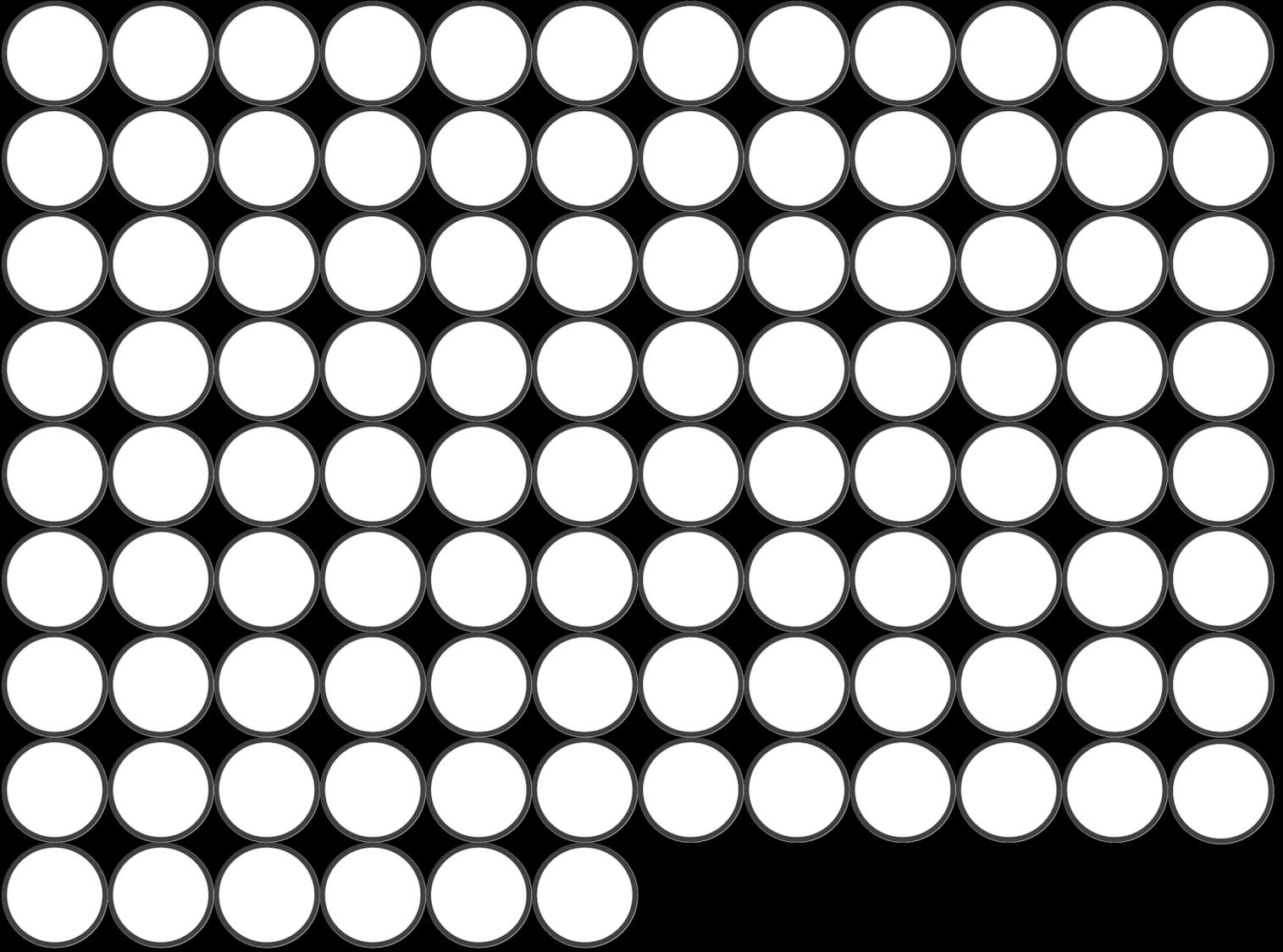
**MY GOAL:**

# QUARTER 2



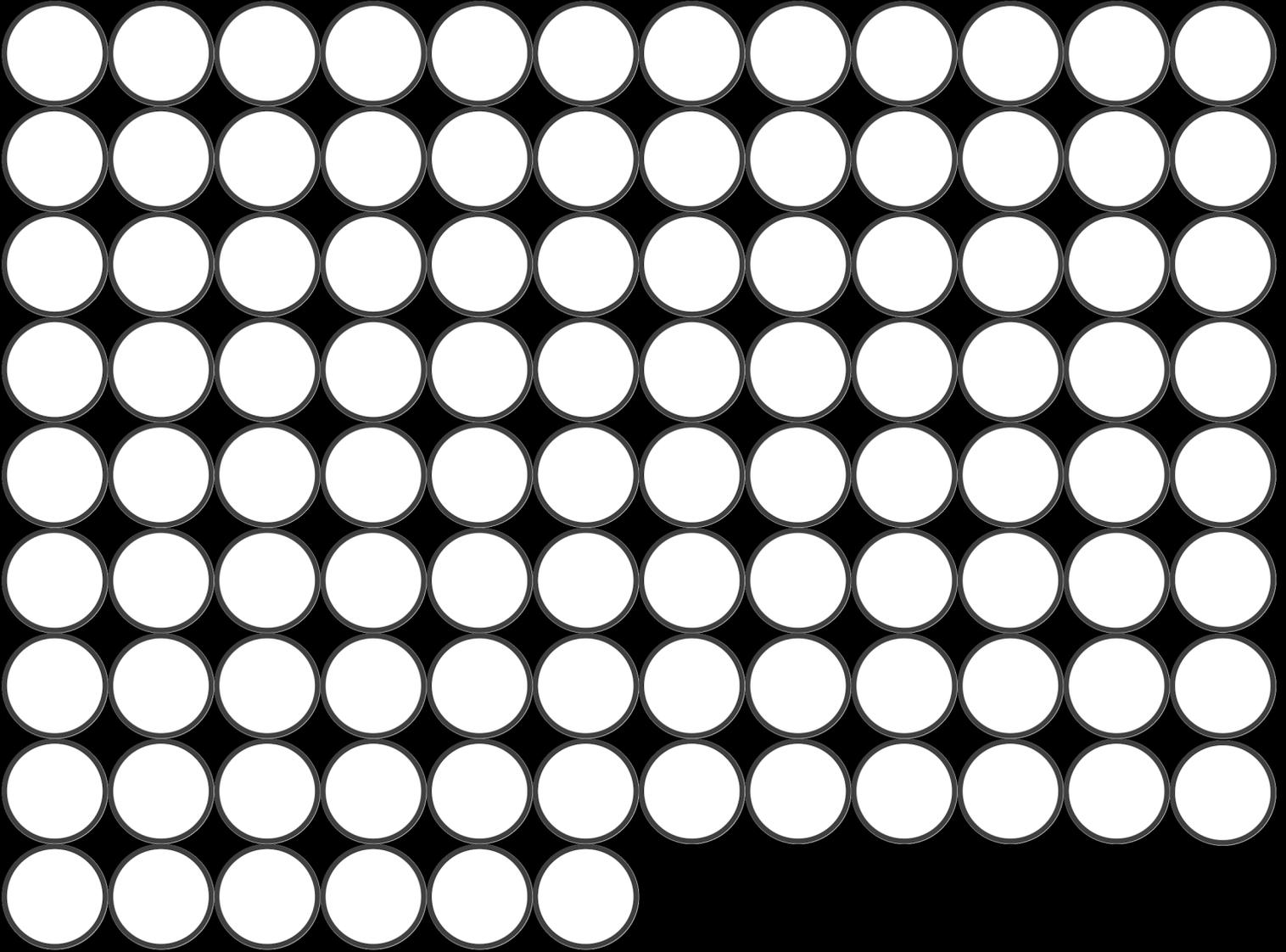
**MY GOAL:**

# QUARTER 3



**MY GOAL:**

# QUARTER 4



**MY GOAL:**

**MONTH**


**MY GOAL:**

**WEEK**

**MY GOAL:**

# ***WANT TO MOVE, THINK AND FEEL BETTER?***

**Fitness is hard. My coaching makes it simple.**

**Transform your health in 3 simple steps:**

- 1. Schedule a free 30- minute coaching call via [www.themegmethod.com](http://www.themegmethod.com)**
- 2. Based on your goals, I'll create you a clear customised plan that you can get excited about and keep up long term.**
- 3. Get fit without giving up your lifestyle to do so. Make the most out of life as you start moving, thinking and feeling better.**

***SCHEDULE A CALL NOW***