**“CREATE YOUR FITNESS PHILOSOPHY” FUN SHEET**

Do you have a fitness philosophy/ approach? This is what you stand for when it comes to fitness. At FIT CHICKS, our fitness philosophy is “Fierce, fun women’s fitness that is challenging but inclusive to ALL levels”. If it isn’t in line with our philosophy, we don’t do it!

Your fitness philosophy can be a great guide as you build your fitness business, classes, PT and online programs. Plus it is create insight into your fitness personality and what makes you tick! To help you create yours, please check out the FUN SHEET below:

**Name 10 words that come to mind about fitness?** (Don’t overthink! Try to respond in less than 30 seconds)

**Name 10 words that you or others would use to describe yourself?** (Again, don’t overthink it! Respond in 30 seconds)

**Who are your health role models?** (List 3. Please note these can be celebrity or your local gym owner!)

**What about each of your fitness role models do you admire?** (Ie Personality traits, approach, style of teaching, etc)

**Which demographic do you want to teach?** (ex. Women, men, children, elderly, all types)

**How do you want to want someone to feel after leaving a fitness session with you?**

**CREATE YOUR FITNESS PHILOSOPHY**

“My fitness philosophy is (insert what type of vibe/style) (insert who demographic do you want to focus on) (insert how you will deliver)

“My fitness philosophy/approach is fierce, fun fitness for women that is challenging but inclusive to ALL levels”

“My fitness philosophy/approach is scientifically proven fitness for children that is easy to understand & fun”

“My fitness philosophy/approach is encouraging, educational fitness for men over 50 who have never worked out before in a one on one training or small groups”