

▶ **Nutrition strategy? What is working? What is not?**

Pre workout	
Swim	
Bike	
Run	
Post workout	

▶ **Motivation: My go to list**

Music Playlists	
Videos	
Sayings/Quotes/ Mantras	
Movies/Books	
others	
** My Why **	

▶ **Stepping Stones: What's next?** _____