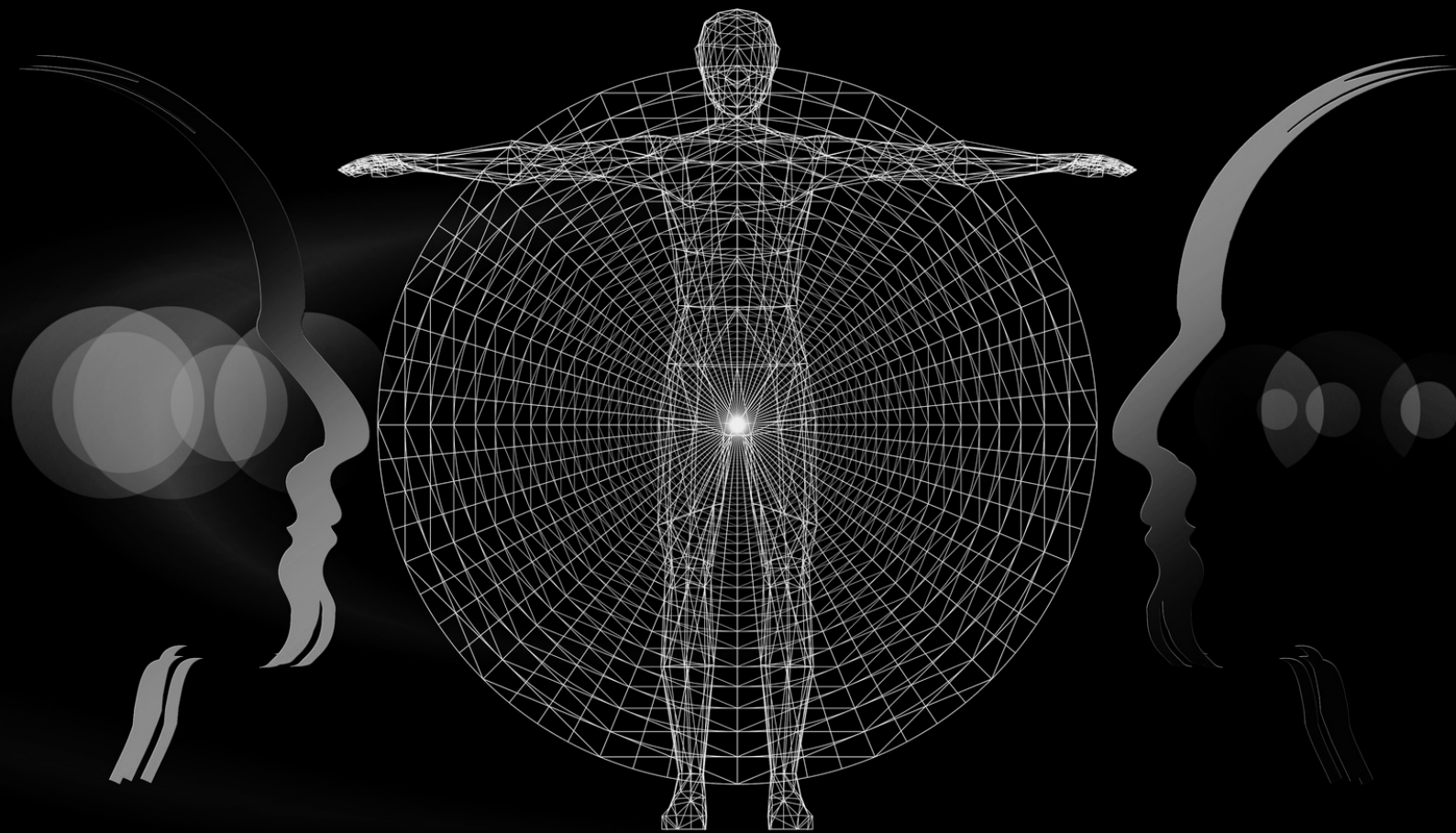


UNLOCKING YOUR FIT PHYSICIAN IDENTITY

**BUILD YOUR IDENTITY. FUEL YOUR HABITS.
TRANSFORM YOUR LIFE.**



STEP #1: THE 7 ELEMENTS

In each box below, right a brief description of your current state with each element, and where you would like to be in the near future

FITNESS ROUTINE

Now	FUTURE

STRENGTH

--	--

HEALTH

--	--

NUTRITION HABITS

--	--

BODY IMAGE

--	--

SELF-CONFIDENCE

--	--

EXAMPLE YOU SET

--	--

STEP #2: YOUR FIT PHYSICIAN IDENTITY

Now one-by-one, review what you wrote on the right hand side of each box. In the section below, combine a summary that describes what you would like to achieve in the future ie. your new fit physician identity.

I AM A PHYSICIAN WHO...



THE FIT
Physician



THE FIT PHYSICIAN COACHING PROGRAM IS PREMIUM, PERSONALIZED, AND PURPOSE-BUILT TO FAST-TRACK RESULTS FOR BUSY WOMEN IN MEDICINE.

CREATED BY A PHYSICIAN FOR PHYSICIANS, WE COMBINE CUSTOMIZED FITNESS PLANS, TAILORED NUTRITION COACHING, MINDSET MASTERY, AND UNWAVERING ACCOUNTABILITY TO TRANSFORM NOT JUST YOUR BODY AND STRENGTH BUT THE WAY YOU EXPERIENCE DAILY LIFE.

ELEVATE YOUR ENERGY, CONFIDENCE, AND HEALTH WITH A PROGRAM THAT UNDERSTANDS YOUR WORLD AND FUELS YOUR POTENTIAL.

LEARN MORE HERE:

WWW.THEFITPHYSICIAN.COM