



VFit Compass 2025

WELCOME LETTER

This year, we're all about embracing the mantra: Be Bold, Be Brave, Be You.

We are gifting each member this compass to help arm you with all the tools we've created to help you succeed in hitting your goals in the year ahead.

Inside this year's Compass, you'll find all of our favorite wellness and planning tools—everything you need to stay on top of your game and take on the year with confidence. Whether you print it out for your binder or keep it digital, it's packed with everything you need to stay on track, feel inspired, and live your boldest, truest life.

Let's make 2025 the year you own your power, step into your greatness, and live unapologetically. Ready to dive in? Let's go!

Printing instructions:

- Print 1 copy of the 2024 Year in Review
- Print 1 copy of the 2025 Top 5
- Print 52 copies of the Weekly Dashboard & Wellness Wheel
- Print 52 copies of the FUNctional Fitness Plan
- Print 12 copies of the Month at a Glance
- Print 4 copies of the 90 Day Wonder

We hope this VFit Compass helps you make 2025 a year full of personal growth, empowerment and vitality.

In health,
The VFit Trainer Team

2024 YEAR IN REVIEW

A personal highlight reel of the year

January	February	March
April	May	June
July	August	September
October	November	December

2025 TOP 5

Top goals for the year ahead

Below are the top 5 goals I have set forth for myself for the year ahead

1. _____

2. _____

3. _____

4. _____

5. _____

My own personal theme, mantra, or word that I choose to focus on in 2025 is ...

WEEKLY DASHBOARD + WELLNESS WHEEL

Your weekly review and planning sheet

Week of: _____

My mantra for the upcoming week:

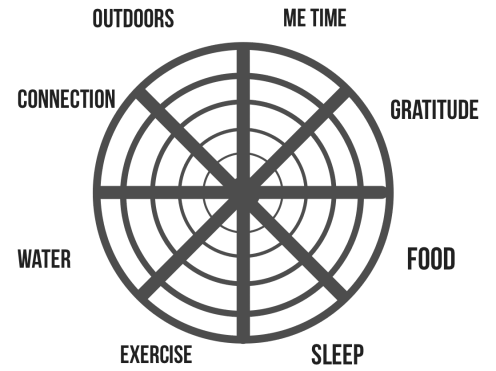
WINS:

LESSONS:

BREAKTHROUGHS-AHA's:

FIVE DRIVE:

- 1.
- 2.
- 3.
- 4.
- 5.



FUNCTIONAL FITNESS PLAN

Your weekly workout and wellness roundup

Week _____

<u>Style of Workout</u>	<u>Class Date/Time/Format</u>	<u>Class Date/Time/Format</u>
Cardio/HIIT – 2 workouts		
Strength – 2 workouts		
Balance/Mobility – 1 workout		
Stretching Recovery – 2 workouts (45-60 minutes total is a minimum for this category. There is no maximum)		

** You are welcome to do as many classes/workouts as you'd like, but just try to keep this ratio in mind. If you need any guidance, please don't hesitate to reach out to the VFit team. Your success is our life mission. **

MONTH AT A GLANCE

Your monthly overview
Month _____

Top 5 Goals

1

2

3

4

5

Pillar Focus

Food	
Exercise	
Sleep	
Water	
Me Time	
Outdoors	
Gratitude	
Connection	

90 DAY WONDER

Your quarterly reflection and planning tool
Quarter _____

Taking a medium term view on the next 90 days, my reflections will help inform my direction and lead me to new goals I set for myself in the next quarter. Taking a look at the past, present and future are all important.

The power that comes from answering these questions will help determine my course of action over the next 90 days of life.

1. What I'm celebrating from the last 90 days

2. What may be getting in my way to be more successful

3. What I'll conquer in the next 90 days