

Name: _____

Date: _____

Lesson 25: Finding Vision Guided Notes

1. If you want to be consistently successful, having a _____ is critically important.
2. To build a sturdy home, you need a _____ to follow.
3. You won't maintain scholastic success without _____ and _____.
4. Living a healthy lifestyle doesn't happen by _____.
5. Strength, stamina, and flexibility are examples of desirable _____ outcomes.
6. Achieving health outcomes requires sticking to a _____.
7. A _____ is simply a plan to sustain healthy movement, nutrition, and recovery.
8. "When we fail to _____, we plan to _____."
9. Positive changes in our health take _____ to achieve.
10. Using fitness products to achieve rapid results can often be _____ or _____.
11. Companies use _____ strategies to convince consumers to purchase their products.
12. Rapid results marketing includes promises like "_____ pounds fast!"
13. Ads often promise "_____ Abs Fast" by using specific equipment or supplements.
14. Marketing promises such as "_____ sleep fast" are common in the fitness industry.
15. Products often promise "Rapid relief from _____" without addressing the root cause.
16. Substantial changes in health occur over a period _____ than what is usually marketed.
17. Incremental changes over _____ and _____ are often more sustainable.
18. A critical key to success in any area of life is having a _____.

19. To maintain an active lifestyle, it is important to schedule one _____ per day.
20. Pro Tip #2 for an active lifestyle: Get a _____ plan from a certified trainer.
21. Joining a _____ training class is a great way to move rigorously and build friendships.
22. Training with a _____ 2-3 times a week is an excellent way to stay accountable.
23. Joining a _____ team is a fun way to add exercise to your routine.
24. Pro Tip #6 for an active lifestyle: Start a _____ or monthly movement club with friends.
25. Blocking off time for _____ three times a week will help maintain consistency.
26. When maintaining a nourishing diet, it is a good idea to schedule an appointment with a _____.
27. Learning to _____ more of your meals is one of the best ways to control nutrition.
28. Packing meals instead of eating out saves money and helps stick to your _____.
29. Eating the same _____ lowers costs and simplifies cooking.
30. Prioritize _____ and minimally processed foods for a nourishing diet.
31. A cost-effective way to pack a lot of nutrition into a meal is by making _____.
32. Limiting processed foods helps avoid excessive amounts of added _____.
33. Staying _____ is essential for maintaining good physical and mental performance.
34. Eating foods rich in _____ like sea salt, fruits, and nuts is important for hydration.
35. Scheduling a _____ for bedtime helps maximize sleep consistency.
36. A good evening routine includes scheduling a _____ shutdown to wind down.
37. Rigorous _____ can contribute to better sleep quality.
38. Spending time _____ helps with feelings of fatigue and provides energy.

39. Scheduling time with a _____ therapist can protect you from injury.

40. Finding ways to _____ the needs of others is a great way to experience refreshment and joy.

Answer Key

1. plan
2. blueprint
3. routines, processes
4. accident
5. health
6. plan
7. vision
8. plan, fail
9. time
10. unhealthy, harmful
11. marketing
12. Lose 20
13. Six-pack
14. Better
15. indigestion
16. longer
17. months, years
18. plan
19. walk
20. training
21. group
22. friend
23. sports
24. weekly
25. exercise
26. nutritionist
27. cook
28. goals
29. foods
30. whole
31. smoothies
32. sugars
33. hydrated
34. electrolytes
35. schedule
36. tech
37. exercise
38. outside
39. physical

40. serve