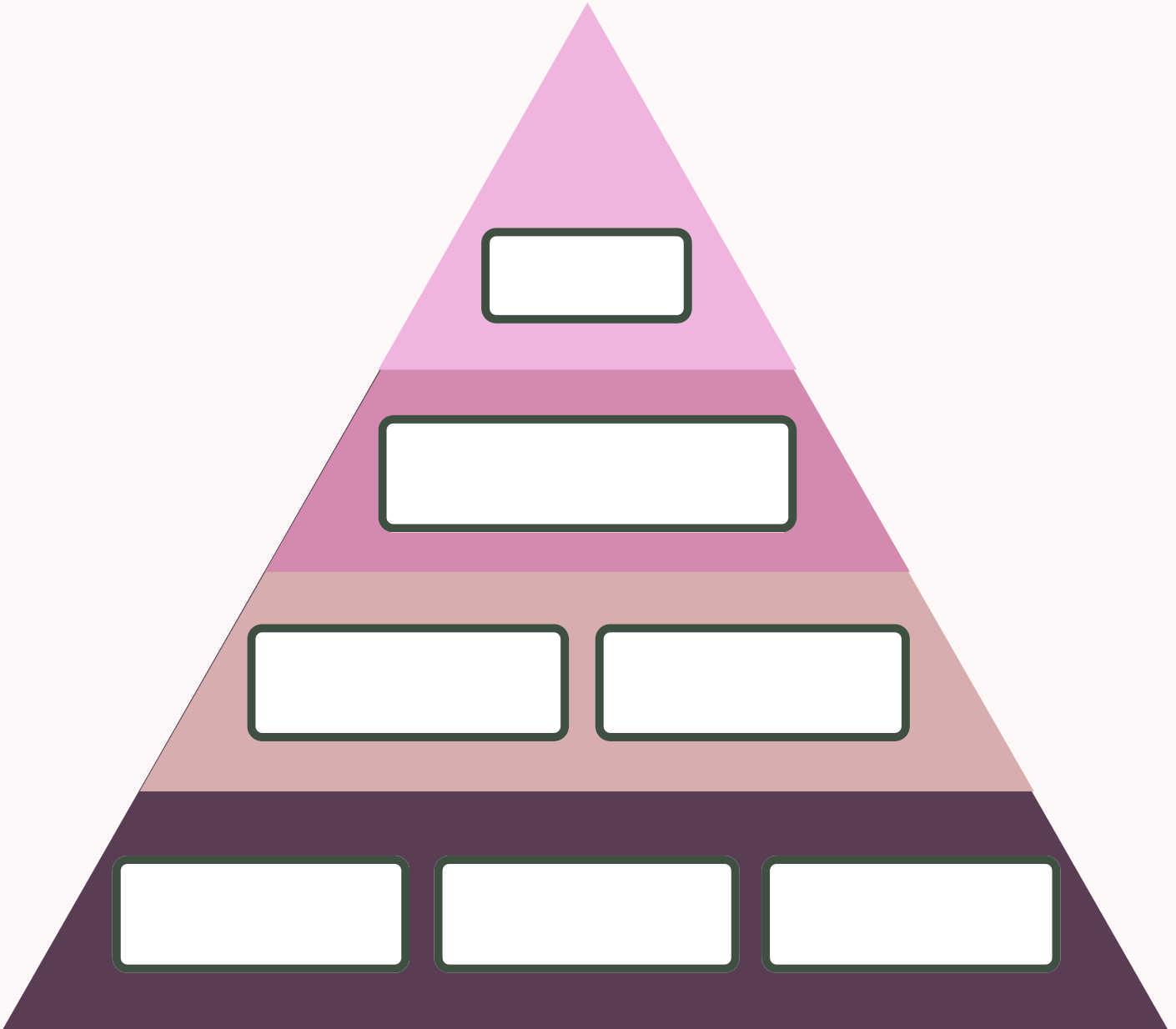


2024 priority pyramid



@beksercise



complete your priority pyramid with health and fitness habits that are an important focus to you this year. the bottom column (base) are your non-negotiable habits, that you will be doing no matter what, as you get higher in the pyramid, maybe these are things that you would be happy to let slide once or twice due to a busy schedule etc or something coming up at the last minute. The top column could be something that requires more effort but isn't imperative to your habits. These should be realistic and something you can commit to. you can use the space at the side to write additional comments/information about your habits