



#### Week 1 (Days 1-7)

During the first 7 days, we will be eating very stylish!!! Let this bring out your inner fashionista, because we are color coordinating our plates!! For seven days you will jazz up your plate with foods you select from BGGV Rainbow Vetoxy Chart. This diversity of colorful foods and choices will assist you picky eaters with more variety, hoping that you will try new food items. This is also the perfect way to get a complete range of the vitamins and minerals your body needs to thrive daily.

Most importantly all fruits and vegetables can be eaten in abundance. The more the better. You will have full range/control on how you prepare your food. Rather it be steaming your veggies, creating your own unique veggie stir fry, eating raw or creating your very own juice & smoothie recipe.

These first 7 days are all about discovering and readjusting your taste buds. The only guideline you will have from us is to stay color coordinated each day and to explore as many new veggies and fruits as possible.

Believe it or not, each color of fruits and veggies have its own benefits. Vegetables and fruits are an important part of the BGGV eating system and variety is as important as quantity. Let's taste the rainbow, think in color and eat in color!

#### Day 1: G R E E N

Go Green! Of course, Green would be the color for Day 1. Greens are one of the healthiest foods we can eat. Green fruits and vegetables are

- +rich in fiber
- +reduces risk of cancer
- +boost immune system
- +strengthen the digestive system

- Artichokes
- Asparagus
- Broccoli
- Brussels sprouts
- Collard greens
- Escarole
- Green grapes
- Green onions
- Green peppers
- Kale
- Kiwi fruit
- Limes
- Mustard greens
- Okra
- Peas
- Spinach
- Swiss Chard
- Zucchini
- Green Pears
- Cucumber
- Honey Dew Melon
- Celery
- Cabbage
- Green beans
- Romaine Lettuce
- English Peas

#### Day 2: R E D

In this case, RED means a good thing- so keep going! Many red fruits and veggies are loaded with powerful, healthy antioxidants that may do everything from fight heart disease and prostate cancer to decrease the risk of a stroke.

- +protects against heart disease
- +improve brain function
- +fight infections

- Cherries
- Cranberries
- Pomegranates
- Raspberries
- Blood Oranges
- Watermelon
- Red cabbage
- Red grapes
- Red onions
- Strawberries
- Beets
- Rhubarb
- Tomatoes
- Red Bell Pepper
- Red Chili Pepper
- Radicchio
- Red leaf lettuce
- Red onions
- Red Cabbage
- Grapefruit

#### Day 3: Yellow & Orange

Yellow and Orange fruits and vegetables are packed with nutrients that are known to protect your nervous system.  
+eye health  
+skin health  
+stronger bones

- |              |              |                                      |
|--------------|--------------|--------------------------------------|
| • Oranges    | • Mangos     | • Sweet potatoes                     |
| • Grapefruit | • Peaches    | • Pumpkin                            |
| • Lemons     | • Cantaloupe | • Butternut, acorn and summer squash |
| • Bananas    | • Pineapple  | • Corn                               |
| • Apricots   | • Papaya     | • Orange and yellow peppers          |
| • Nectarines | • Starfruit  | • Yellow beets                       |
| • Persimmons | • Carrots    |                                      |

#### Day 4: Blue & Purple

These deeply hued fruits and vegetables help heart health, blood pressure and obesity.

+ helps inflammation  
+ cleans up free radicals  
+ lower cholesterol

- Blackberries
- Blueberries
- Elderberries
- Raspberries
- Figs
- Concord Grapes
- Plums
- Raisins
- Prunes
- Purple Cabbage
- Swiss Chard
- Radishes
- Passionfruit
- Açaí Berries (you can only find these frozen in the U.S., great for smoothies.)
- Kalamata Olives
- Eggplant
- Purple grapes
- Purple potato
- Beets

#### Day 5: GREEN

We all know Green is the “Bad Ass” of the colorful fruit and vegetables so today we will repeat Day 1, and since it's so many fruits and vegetables let's try a different green variation than Day 1. (Please reference Green fruit and veggie options.)

We also have the option to add White and Brown fruits and vegetables.

These colored fruits and vegetables play a role in heart health by helping you maintain healthy cholesterol levels.

+ helps balance hormones  
+ protective role against cancer  
+ reduces arsenic on the kidney and liver

- Bananas (Though these are yellow on the outside, bananas' true benefits hide in the white, fleshy fruit inside.)
- Cauliflower
- Mushrooms
- White potatoes
- White Corn
- Jicama
- Onions
- Coconut
- White peaches
- Garlic
- Dates
- Black Eyed Peas
- Chickpeas

#### Day 6 – TASTE THE RAINBOW

Today we have full access to ALL colors of the rainbow! This includes green, red, blue, purple, yellow, orange, white and brown.

*Sharing the way we style our meals on social media is very imperative during this stage. Show off and strut your meals by using the #BGGV hashtag.*

#### Day 7 – TASTE THE RAINBOW

Today we have full access to ALL colors of the rainbow! This includes green, red, blue, purple, yellow, orange, white and brown. Feel free to use some of your left-over produce from the previous days and just imagine all of the benefits our bodies are enjoying!

#### WEEK II (Day 8-14)

Starting Week 2, we will incorporate **Intermittent Fasting**.

What is **Intermittent Fasting**?

Intermittent fasting is a method of timed eating. Depending on what time range you choose to follow below, that is the time period that you will be able to feast on our vegan soul fit meals!

Benefits of Intermittent Fasting:

- Extend lifespan, helping you live longer.
- Reduce risk of heart disease.
- Boost metabolism for fat loss.
- A very easy eating style to follow for a lifetime.

Please note the times that we are eating as they are very important in making the next 23 days a success!

You can choose from one of the following time periods to eat: This will be called your Eating Window.

10AM-6PM

12PM- 8PM\*

1PM -9PM

2PM-10PM

\*preferred (Please check with your physician.)

This eating schedule is a personal preference and the time frame chosen should be based upon your work schedule and other leading factors in your life.

This break downs to about eight hours of eating, eight hours of sleeping, and eight hours of fasting. During your fasting time you will be allowed water, BGGV tea or black coffee.

I know you are probably thinking, "Will these meals be good?" "Will they be enough?" "Will I be able to meal prep for the next 30 days and adapt this new eating style?"

The answer is Yes! We are walking you and your family hand by hand through this new journey and we must remember "It's just A meal, not your LAST meal!"

Now let's EAT! Most of these meals will require you to get in the kitchen. We recommend that you follow our recipes as close as possible.

In this eating system, we will have four concepts we will use to help reset our way of food thinking.

#### **Break Your Fast:**

The entire concept behind breakfast is just as simple as the word itself. BREAK-FAST. Which mean your body's natural response to fasting while sleeping is broken once waking up. Feeding your body, a healthy meal after intermit fasting is always a great way to reset your metabolism. Typically, breakfast is the most skipped meal of the day. But you will quickly find out with Intermitt Fasting that it is the most desired and needed meal of your day.

**Mid Meal:** This will be our "lunch". Typically, lunch is a meal that is not often forgotten but very often rushed. We spend our work lunch breaks grabbing quick foods which oftentimes are not healthy. This includes fast food, vending machines and other items high in unneeded calories. By planning our lunches, this will help us provide energy and nutrients to keep our bodies and brains working and feeling focused throughout our busy afternoons. This is best eaten 1-3 hours after "Break Your FAST".

**Energy:** So often people associate the word "snack" with something sweet or a small cheat meal. This is true; however, we will show you how to do it the right way! Snacks are a great source of energy and they will help get your body to its next destination (meal). They also benefit in helping get your mind and body accustomed to intermit tent fasting. We will refer to our snacks as energy.

**Last Eats:** Everyone loves dinner, but this favorite American past time also comes with its flaws. Skipping meals during the day is the perfect recipe disaster for a night of overeating. This will be our "chow down" time and should be eaten within our last hour of your BGGV Intermittent Fasting schedule. Take this time to sit down and enjoy dinner without any disruption. Let's prep ourselves for bed with reading and or meditation.

Remember, you will be doing Intermittent Fasting for the next 23 days. To assist you with the **BGGV 30 Day Eating System**, you will also have the option to meal prep your meals. Meal prepping has many benefits. It will save you money, time and is an easy way to control your portions

We have always enjoyed meal prepping because it allows us more time to do things throughout the week. It's also a great feeling to come home after a busy day at work and have your meals waiting for you!

#### **BGGV Meal Prepping Go-To-Guide**

Be sure to meal prep as many meals as possible!

All recipes that are created in this eating system can be found in the BGGV recipe guide. We have also provided a fitness journal that you will use every day. This journal is a mandatory tool that you must utilize so you can visually see your progress as you transform into becoming vegan. Jot down your exercises to become more efficient in creating your new and renewed lifestyle. Let's Go Get It!

#### **BGGV SMOOTHIE PACKS**

One of our favorite tricks is meal prepping our smoothies. Cutting up our favorite fruits and veggies and placing them in a small zip lock bag then placing them in the freezer is a great way to grab and go but still keep us on track and make sure kitchen life is easy!

The below recipes can be a full meal prepped in advance so that you save time not having to make the same dish multiple times throughout the week.

Our Grocery list for this week will require the ingredients from the following recipes.

\* *These meals can be prepped in advance to save time on daily preparation.*

#### **GET IN THE KITCHEN**

##### **Smoothie of the Week:**

The Big Booty Vegan \*

##### **Breakfast of the Week:**

Granny's Soulful Grits\*

##### **Juice of the Week:**

The Health Juice\*

##### **Soup of the Week:**

The Glow Up Soup\*

##### **Salad of the Week:**

Go Green Baby Salad

##### **Lunch of the Week:**

Jerk, No Chicken Collard Green Wrap

##### **Meal(s) of the Week:**

Coconut Curry Vegetables \*  
Spaghetti & Meatballs\*

##### **Energy of the Week**

Fruit & Vegetables  
Non-dairy yogurt  
Avo-CALI Toast  
Fire Up Avocado

**Day 8:**

Break Your Fast: The Big Booty Vegan Smoothie + Fruit of your choice + 32 oz of water.  
Mid meal: "Go Green Baby Salad" + cup of Glow Up Soup + 32 oz of water.  
Energy: Avo-CALI Toast on Ezekiel Bread or Rye Bread + 32 oz of water.  
Last Eats: Spaghetti & Meatballs + 32 oz of water.

**Day 9:**

Break Your Fast: The Big Booty Vegan Smoothie, Nuts + 32 oz of water.  
Mid Meal: Go Green Baby Salad + 32 oz of water.  
Energy: Fruit of your choice + 32 oz of water.  
Last Eats: Coconut Curry vegetables + 32 oz of water.

**Day 10:**

Break Your Fast: The Health Juice + Granny's Soulful Grits + 32 oz of water.  
Mid Meal: Coconut Curry vegetables + 32 oz of water.  
Energy: Fruit of choice + nondairy yogurt + 32 oz of water.  
Last Eats: Spaghetti & Meatballs + 32 oz of water.

**Day 11:**

Break Your Fast: Bowl of Glow Up Soup + 32 oz of water  
Mid Meal: Jerk No Chicken Collard Green Wrap + 32 oz of water  
Energy: Fire up Avocado + 32 oz of water  
Last Eats: The Health Juice + Coconut Curry vegetables + 32 oz of water.

**Day 12:**

Break your Fast: The Big Booty Vegan Smoothie, Nuts + 32 oz of water.  
Mid Meal: Spaghetti & Meatballs + vegetable of your choice + 32 oz of water.  
Energy: Non-Dairy Yogurt + 32 oz of water.  
Last Eats: Glow Up Soup + 1 cup of brown rice + 32 oz of water.

**Day 13:**

Break Your Fast: The Health Juice + Granny's Soulful Grits + 32 oz water  
Mid Meal: Jerk No Chicken Collard Green Wrap + 32 oz of water.  
Energy: Non-Dairy Yogurt + piece of fruit.  
Last Eats: Coconut Curry Vegetables + 32 oz of water

**Day 14:**

Break your Fast: Granny Soul Fit Grits + 32 oz of water.  
Mid Meal: Choose three Red Foods from the BGGV Rainbow Veto Chart + 32 oz of water.  
Energy: CUTEcumber snack + 32 oz of water.  
Last Eats: Spaghetti and Meatballs + 32 oz of water.

**Week 3 (Day 15-21) Intermittent Fasting continues**

**Day 15:**

Break your Fast: No Filter French Toast + sliced fruit of your choice + 32 oz of water  
Second Meal: Detox Body Hottie Smoothie + 32 oz of water  
Energy: Cucumber Spiral Snack + 32 oz of water  
Last Eats: Watch it Drop Kale Soup + 32 oz of water

**Day 16: You're halfway through!!!**

Break Your Fast: Dreamy Detox Juice + Kountry Girl Collards + 32 oz of water.  
Second Meal: Dirty South Salad + 32 oz of water  
Energy: Fit Sweet Heat Nut Mix + 32 oz of water  
Last Eats: Watch it Drop Kale Soup + 32 oz of water

\*After Dinner prepare and drink the **BGGV Detox Tea**\*

**Day 17:**

Break Your Fast: Detox Hottie Body Smoothie + 32 oz of water.  
Second Meal: Watch It Drop Kale Soul and your choice of your favorite piece of fruit. + 32 oz of water  
Energy: Cucumber Spiral Snack+ 32 oz of water  
Last Eats: Soul Fit Wangz + 32 oz of water

**Day 18:**

Break Your Fast: Superwoman Steel Oats + 32 oz of water.  
Mid Meal: Taco Tuesday + 32 oz of water.  
Energy: Raw Oat bites + 32 oz of water  
Last Eats: Soul Fit Wangz + 32 oz of water

**Day 19:**

Break Your Fast: The Six Pack on The Beach Smoothie + 32 oz of water  
Mid Meal: Watch It Drop Kale Soup + 32 oz of water  
Energy: Fruit of your choice + nondairy yogurt  
Last Eats: Ms. Taylor's Three Bean Chili + 32 oz of water.

**Day 20:**

Break Your Fast: Dreamy Detox Juice + 32 oz of water  
Mid Meal: Dirty South Salad + 32 oz of water  
Energy: Fit Sweet Heat Nut Mix + 32 oz of water  
Last Eats: Ms. Taylor's Three Bean Chili + 32 oz of water

\*After Dinner prepare and drink the **BGGV Vetox Tea**\*

Mind over MEAT! Day 20! Hang in there! We are ALMOST complete! Only a few more days left, and we are going to finish off strong!!! You are breaking those old habits by staying true to this plan.

**Day 21:**

Break Your Fast: Rise and Grind Kale Bowl + 32 oz of water

Mid Meal: Dreamy Detox Juice + 32 oz of water.

Energy: Piece of fruit + 2 low sodium rice cakes + 32 oz of water

Last Eats: Soul Fit Wangz + Side serving of Kountry Girl Collards + 32 oz of water

**Get in The Kitchen: WEEK IV (Day 22-30) Intermittent Fasting** continues

**Day 22:**

Break Your Fast: Money Green Smoothie + Rise and Grind Kale Bowl + 32 oz of water

Mid Meal: Goal Getter Greek Salad + 32 oz of water

Energy: Fruit of your choice + 32 oz of water

Last Eats: Taco Tuesday! + 32 oz of water

Our Grocery list for this week will require the ingredients for the following recipes.

**Smoothie of Week:**

The Six Pack on The Beach\*

**Breakfast of the Week:**

No Filter French Toast

Superwomen Steel Oats

**Juice of the Week:**

Dreamy Detox Juice\*

**Soup of the Week:**

Watch It Drop Kale Soup\*

**Salad of the Week:**

Dirty South Salad

**Meal of The Week:**

Slim Goody Pasta\*

Soulfit Kick'n Wings\*

**Side of The Week:**

Stuffed Sweet Potatoes\*

**Energy**

CUTEcumber Snack\*

Fit Sweet Heat Nut Mix\*

Raw Oat Bites

**Day 23:**

Break Your Fast: Dat Bomb Juice + 32 oz of water

Mid Meal: Goal Getter Greek Salad + 32 oz of water

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Energy: Larc's Rice Cake Cheese Pizza + 32 oz of water

Last Eats: Slim Goody Pasta + 32 oz of water

**Day 24:**

Break Your Fast: Money Green Smoothie + 32 oz of water

Mid Meal: Ms. Taylor's 3 Bean Chili + 32 oz of water

Energy: Fruit of your choice + 32 oz of water

Last Eats: Taco Tuesday! + 32 oz of water

**Day 25:**

Break Your Fast: Dat Bomb Juice + 32 oz of water

Mid Meal: The BGGV Soup + 32 oz of water

Energy: Larc's Rice Cake Pizza + 32 oz of water

Last Eats: Goal Getter Greek Salad + 32 oz of water

**Day 26:**

Break Your Fast: Money Green Smoothie + 32 oz of water

Mid Meal: Slim Goody Pasta + 32 oz of water

Energy: frozen grapes + 32 oz of water

Last Eats: Ms. Taylor's 3 bean Chili + 32 oz of water

\*After Dinner prepare and drink the **BGGV VETOX Tea**\*

**Day 27:**

Break Your Fast: Dat Bomb Juice + Rise and Grind Kale Bowl + 32 oz of water

Mid Meal: Go Getter Greek Salad + Spicy So Nicely Black Bean Soup + 32 oz of water

Energy: Frozen grapes + 32 oz of water

Last Eats: The BGGV Soup + 32 oz of water

**Day 28**

Break Your Fast: Rise and Grind Kale Bowl + 32 oz water

Mid Meal: Spicy So Nicely Black Bean Soup + 32 oz water

Energy: Piece of Fruit or vegetable of your choice + 32 oz water

Last Eats: Ms. Taylor's 3 Bean Chili + 32 oz water

**Day 29 & Day 30.**

We the Ector's are very big on finishing off how we started! This is a good way for you to see how differently your body reacts to the detox versus how it reacted our first go around.

For the next 3 days we are going back to our **BGGV RAINBOW VETOX!**

Each day you will have a color range of fruit and veggies you are allowed for the day. These items can be prepared raw, cooked, soups, smoothies, or juices. Feel free to restart The BGGV meal plan with different items but from the same food category in our index.

Day 29: **RED**

+**BGGV** Vetox Tea before bed.

Day 30: **GREEN**

Meal plans are great for new and transitioning vegans. You will discover new foods, make new routines and feel less anxious. Over time, planning becomes less important as vegan life becomes as comfortable as anything you have ever known. In the early days, meal plans can really help to provide variety and flavor in your diet and are great for boosting confidence! You go Girlllll!

Break Your Fast: Rise and Kale Bowl +32 oz of water

Lunch: Dreamy Detox Juice + 32 oz of water.

Snack: Piece of fruit + 2 low sodium rice cakes. +32 oz of water

Dinner: Soul Fit Wingz + Side serving of Kountry Girl Collards +32 oz of water

YOU ARE NOW  
OFFICIALLY A  
BLACK GIRL  
GONE VEGAN!

**BLACK GIRLS**  
*gone* **VEGAN!**<sup>®</sup>  
**FITNESS JOURNAL**

# BGGV FITNESS JOURNAL

DAY 01

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 02

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 03

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 04

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 05

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 06

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 07

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 08

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 09

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 10

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 11

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 12

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 13

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 14

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 15

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 16

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 17

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 18

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 19

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 20

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 21

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 22

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 23

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 24

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 25

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 26

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 27

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

# BGGV FITNESS JOURNAL

DAY 28

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 29

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP:

## BGGV FITNESS JOURNAL

DAY 30

EXERCISE /

TIME	DISTANCE	HEARTRATE	CALORIES

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

SNACK:

WATER:



SLEEP: