FITNESS
Journal

TODAY I'M GRATEFUL FOR:

1. _____

2. _____

3. _____

WATER INTAKE

1 2 3 4 5 6 7 8 (Glass)

MOOD

ANGRY TIRED SAD HAPPY EXCITED

TODAY'S AFFIRMATION

_____
_____
_____
_____

NOTES/REMINDER:

_____
_____
_____

FOR TOMORROW

_____
_____
_____

TYPE OF WORKOUT

....

DURATION

....

INTENSITY

● EASY   ● MODERATE   ● HIGH

MEALS:

BREAKFAST

....

....

....

LUNCH

....

....

....

DINNER

....

....

....

SNACK

....

....

....

CHALLENGES:

OBSTACLES FACED

....

HOW I OVERCAME THEM

....