

FITNESS *Journal*

DATE: 31/ Jul / 2025

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S M T W T F S

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

NOTES/REMINDER:

TODAY'S AFFIRMATION

FOR TOMORROW

TYPE OF WORKOUT

DURATION

INTENSITY

EASY MODERATE HIGH

MEALS:

BREAKFAST

LUNCH

DINNER

SNACK

CHALLENGES:

OBSTACLES FACED

HOW I OVERCAME THEM