

# FITNESS *Journal*

DATE: 19/ Jul / 2025

X

SMSMTWTFSS

TODAY I'M GRATEFUL FOR:

1.

2.

3.

WATER INTAKE

12345678 ( Glass )

MOOD

ANGRYTIREDSADHAPPYEXCITED

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