FITNESS
Journal

DATE: 23 / Aug / 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

TODAY'S AFFIRMATION

_____
_____
_____
_____

NOTES/REMINDER:

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_____
_____

FOR TOMORROW

_____
_____
_____

TYPE OF WORKOUT

....

DURATION

....

INTENSITY

⬤ EASY   ⬤ MODERATE   ⬤ HIGH

MEALS:

BREAKFAST

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....
....

LUNCH

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....

DINNER

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....

SNACK

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CHALLENGES:

OBSTACLES FACED

....

HOW I OVERCAME THEM

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