

# FITNESS *Journal*

DATE: 07/ Aug/ 2025

S M T W T F S

TODAY I'M GRATEFUL FOR:

- 1.
- 2.
- 3.

WATER INTAKE



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