

FITNESS *Journal*

DATE: 19/ Nov / 2025

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