

# FITNESS *Journal*

DATE: 19/ Oct / 2025

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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