

# FITNESS *Journal*

DATE: 16/ Mar / 2025

<div>X</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
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