# ONE STEP FORWARD

with

nutrimuscle®

## MY FITNESS JOURNAL

# Monthly goals

## MIND GOALS

## BODY GOALS

## NUTRITION GOALS

# Daily check in

DATE

## TODAY'S ROUTINE

- ○
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- ○

## TODAY'S AFFIRMATION

## TODAY I FELT

## WHAT I WANT TO REMEMBER ABOUT TODAY

## FOOD TRACKER

## BEST THINGS ABOUT TODAY

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## TOP 3 THINGS I DID THIS WEEK

## HABITS TRACKER

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Cardio workout | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Meditation | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Yoga | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Went for a walk | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Met a friend | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Social Media break | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Hydration | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Medication | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Journaling | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Strength training | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Healthy eating | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sleep | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Energy | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Hobbies | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

## THIS WEEK I FELT



## NEXT WEEK'S GOALS AND PRIORITIES

## BEST FOOD I ATE

## WEEKLY ACHIEVEMENTS

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## TOP 3 THINGS I DID THIS WEEK

## HABITS TRACKER

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Cardio workout | | | | | | | |
| Meditation | | | | | | | |
| Yoga | | | | | | | |
| Went for a walk | | | | | | | |
| Met a friend | | | | | | | |
| Social Media break | | | | | | | |
| Hydration | | | | | | | |
| Medication | | | | | | | |
| Journaling | | | | | | | |
| Strength training | | | | | | | |
| Healthy eating | | | | | | | |
| Sleep | | | | | | | |
| Energy | | | | | | | |
| Hobbies | | | | | | | |

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## NEXT WEEK'S GOALS AND PRIORITIES

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| Meditation | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Yoga | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Went for a walk | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Met a friend | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Social Media break | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Hydration | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Medication | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Journaling | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Strength training | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Healthy eating | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Sleep | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Energy | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| Hobbies | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

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