

**MY FITNESS JOURNAL** 



# Monthly goals



	MIND GOALS	
$\bigcirc$ —		
	BODY GOALS	
	NUTRITION GOALS	
<u> </u>		

TODAY'S ROUTINE

TODAY'S AFFIRMATION

TODAYIFELT

**ABOUT TODAY** 

WHAT I WANT TO REMEMBER

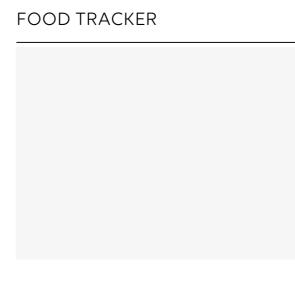
DATE **FOOD TRACKER** BEST THINGS ABOUT TODAY  $\bigcirc$  $\bigcirc$  $\bigcirc$ HOW TO IMPROVE MY RANKING OF TODAY





DATE

TODAY'S ROUTINE
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TODAY'S AFFIRMATION
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WHAT I WANT TO REMEMBER ABOUT TODAY



# BEST THINGS ABOUT TODAY O O O

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MY RANKING OF TODAY					
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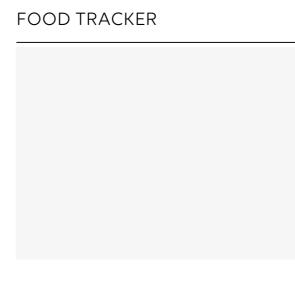
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# Weekly check in

DATE

TOP 3 THINGS I DID THIS WEEK	I DID THIS WEEK HABITS TRACKER		
	Cardio workout	000000	
<u> </u>	Meditation	000000	
0	Yoga	000000	
	Went for a walk	000000	
<u> </u>	Met a friend	000000	
THIS WEEK I FELT	Social Media break	000000	
000000	Hydration	000000	
	Medication	000000	
	Journaling	000000	
	Strength training	000000	
	Healthy eating	000000	
NEXT WEEK'S GOALS AND	Sleep	0000000	
PRIORITIES	Energy	0000000	
	Hobbies	000000	
BEST FOOD I ATE	WEEKLY ACHI	EVEMENTS	
	MY RANKING	OF THE WEEK	

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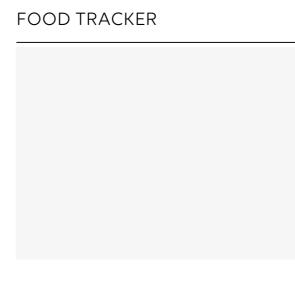
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<u>O</u>	Yoga Went for a walk	0000000		
THIS WEEK I FELT	Met a friend  Social Media break  Hydration  Medication  Journaling			
	Strength training Healthy eating Sleep			
NEXT WEEK'S GOALS AND PRIORITIES	Energy Hobbies			
BEST FOOD I ATE	WEEKLY ACHI	EVEMENTS		
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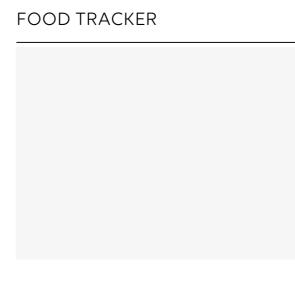
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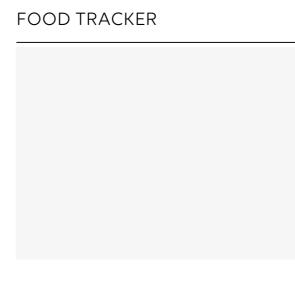
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## MY MONTHLY ACHIEVEMENTS



