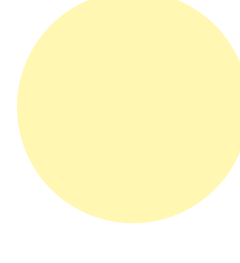
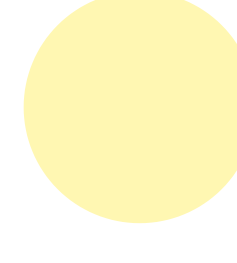
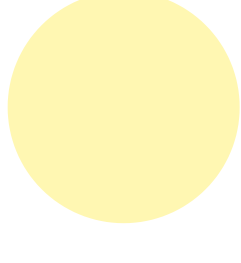
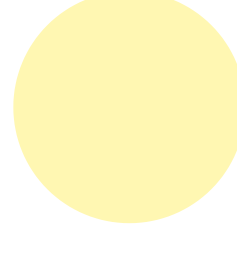
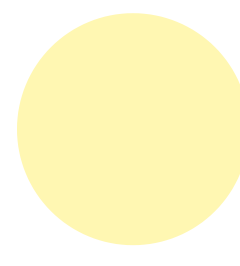
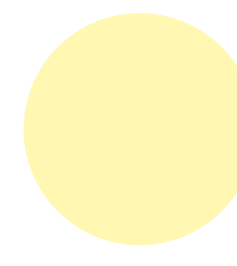
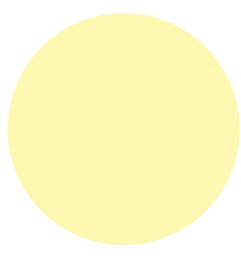
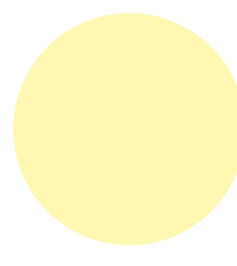
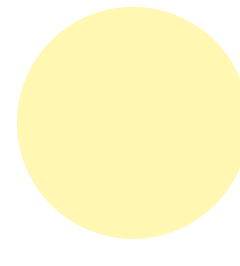
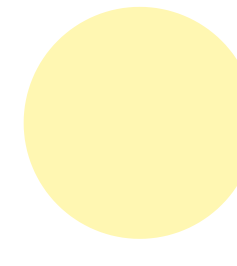
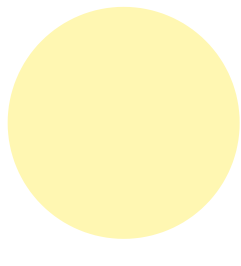
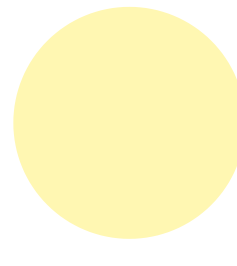
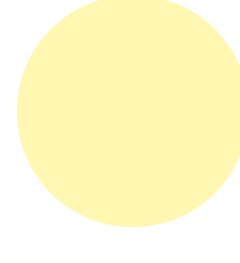
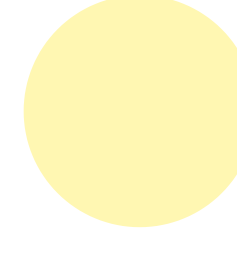
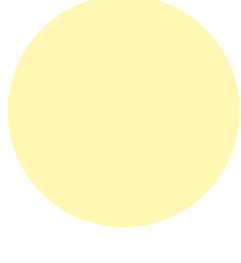
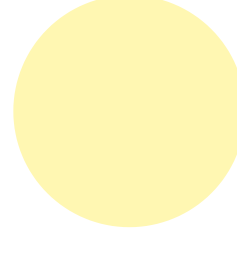
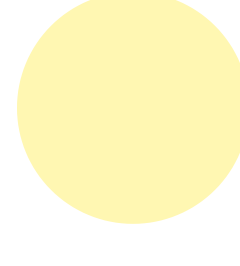
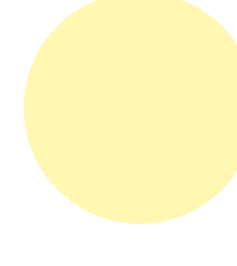
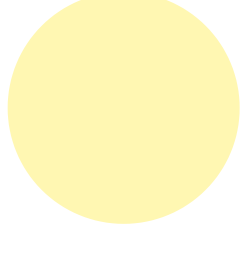
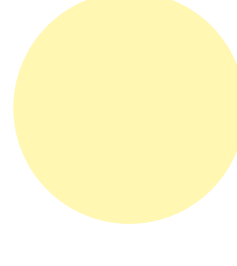


MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____	 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____	 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____	 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____
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WHAT ARE MY GOALS FOR THIS MONTH?

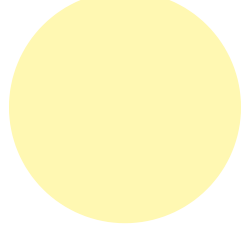

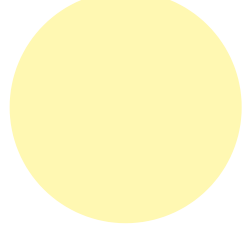
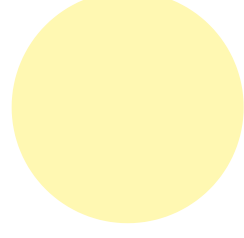
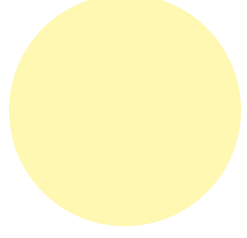

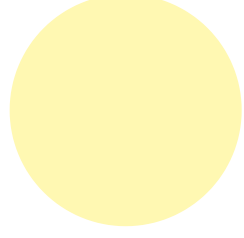
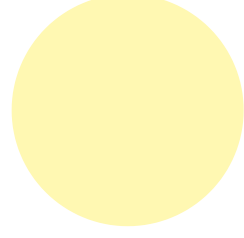
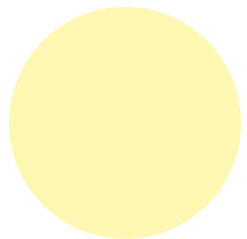

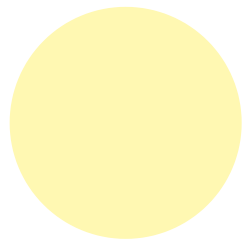
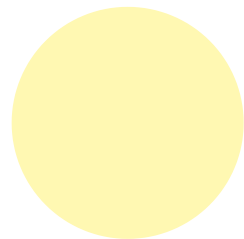
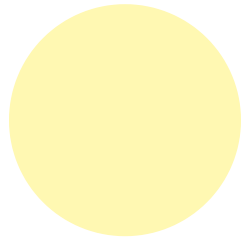

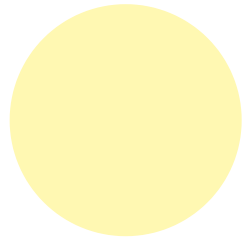
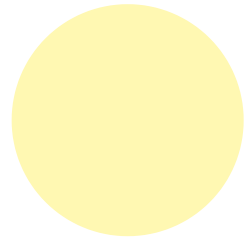
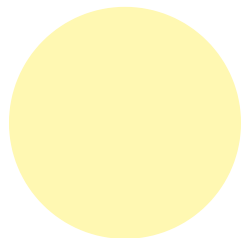

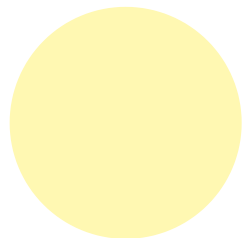
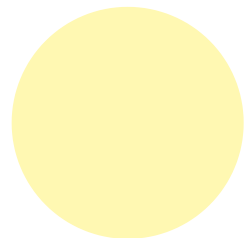
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Workout Like A Pro.



THURSDAY		FRIDAY		SATURDAY	
 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____  IN BODY SCAN	 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____	 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____  IN BODY SCAN	 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____	 WORKOUT PLANNED <ul style="list-style-type: none">• CARDIO• RES• STRETCH• REST• OTHER _____	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		
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REVIEW YOUR MONTH

WEEK OF:

**THIS WEEKS
MOTIVATION:**

SUNDAY ●

MONDAY ●

TUESDAY ●

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

6 AM

7 AM

8 AM

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11 AM

12 PM

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8 AM

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10 AM

11 AM

12 PM

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5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

WHAT I LOVE ABOUT MYSELF...

1

2

3

Best Gym In The World.



WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ●

6 AM	6 AM	6 AM	6 AM
7 AM	7 AM	7 AM	7 AM
8 AM	8 AM	8 AM	8 AM
9 AM	9 AM	9 AM	9 AM
10 AM	10 AM	10 AM	10 AM
11 AM	11 AM	11 AM	11 AM
12 PM	12 PM	12 PM	12 PM
1 PM	1 PM	1 PM	1 PM
2 PM	2 PM	2 PM	2 PM
3 PM	3 PM	3 PM	3 PM
4 PM	4 PM	4 PM	4 PM
5 PM	5 PM	5 PM	5 PM
6 PM	6 PM	6 PM	6 PM
7 PM	7 PM	7 PM	7 PM
8 PM	8 PM	8 PM	8 PM
9 PM	9 PM	9 PM	9 PM
10 PM	10 PM	10 PM	10 PM

WHAT I WANT TO WORK ON...

- 1 _____
- 2 _____
- 3 _____

DATE:

MORNING REVIEW

I'M EXCITED FOR...

TODAY'S TO DO LIST

1

2

3

4

5

FOOD LOG

BREAKFAST _____ Y N
 AM SNACK _____ Y N
 LUNCH _____ Y N
 PM SNACK _____ Y N
 DINNER _____ Y N

HAPPY W/
YOUR CHOICE?

CARDIO

TYPE

MINUTES

WATER INTAKE



80 OZ

60 OZ

40 OZ

20 OZ

RESISTANCE TRAINING

EXERCISE	SET REPS	1	2	3	4	😊 😐 😞
	WT					
LEG PRESS	15	12	8	4	20	😊 😐 😞
	100	120	150	200	100	
						😊 😐 😞
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						😊 😐 😞
						😊 😐 😞
						😊 😐 😞
						😊 😐 😞

TODAY I FEEL...

BETTER THAN YESTERDAY

PROUD

ENERGETIC

SORE

BADASS

CONFIDENT

TIRED

BEAUTIFUL

ACCOMPLISHED

CIRCLE ALL
THAT APPLY

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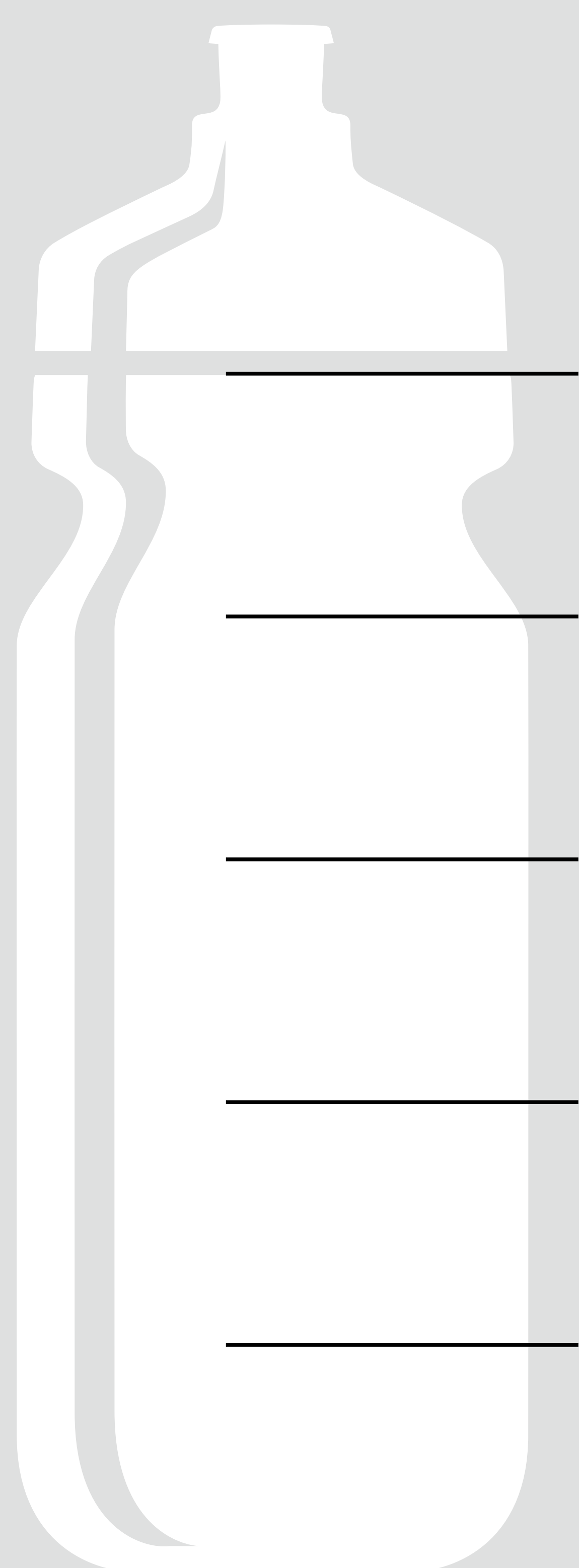
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WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ●

6 AM	6 AM	6 AM	6 AM
7 AM	7 AM	7 AM	7 AM
8 AM	8 AM	8 AM	8 AM
9 AM	9 AM	9 AM	9 AM
10 AM	10 AM	10 AM	10 AM
11 AM	11 AM	11 AM	11 AM
12 PM	12 PM	12 PM	12 PM
1 PM	1 PM	1 PM	1 PM
2 PM	2 PM	2 PM	2 PM
3 PM	3 PM	3 PM	3 PM
4 PM	4 PM	4 PM	4 PM
5 PM	5 PM	5 PM	5 PM
6 PM	6 PM	6 PM	6 PM
7 PM	7 PM	7 PM	7 PM
8 PM	8 PM	8 PM	8 PM
9 PM	9 PM	9 PM	9 PM
10 PM	10 PM	10 PM	10 PM

WHAT I WANT TO WORK ON...

- 1 _____
- 2 _____
- 3 _____

DATE:

MORNING REVIEW

I'M EXCITED FOR...

TODAY'S TO DO LIST

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FOOD LOG

BREAKFAST _____ Y N
 AM SNACK _____ Y N
 LUNCH _____ Y N
 PM SNACK _____ Y N
 DINNER _____ Y N

HAPPY W/
YOUR CHOICE?

CARDIO

TYPE

MINUTES

WATER INTAKE



80 OZ

60 OZ

40 OZ

20 OZ

RESISTANCE TRAINING

EXERCISE	SET REPS	1	2	3	4	😊 😐 😞
	WT					
LEG PRESS	15	12	8	4	20	😊 😐 😞
	100	120	150	200	100	
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TODAY I FEEL...

BETTER THAN YESTERDAY

PROUD

ENERGETIC

SORE

BADASS

CONFIDENT

TIRED

BEAUTIFUL

ACCOMPLISHED

CIRCLE ALL
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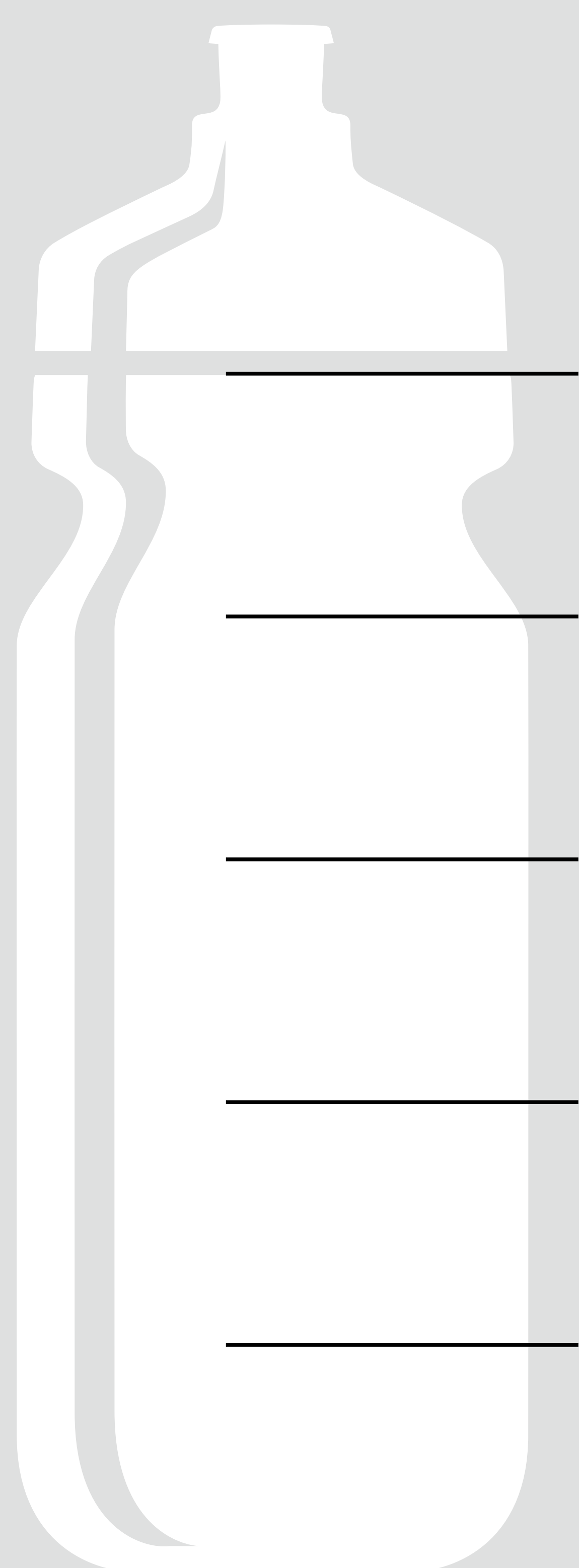
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WHAT I LOVE ABOUT MYSELF...

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Best Gym In The World.



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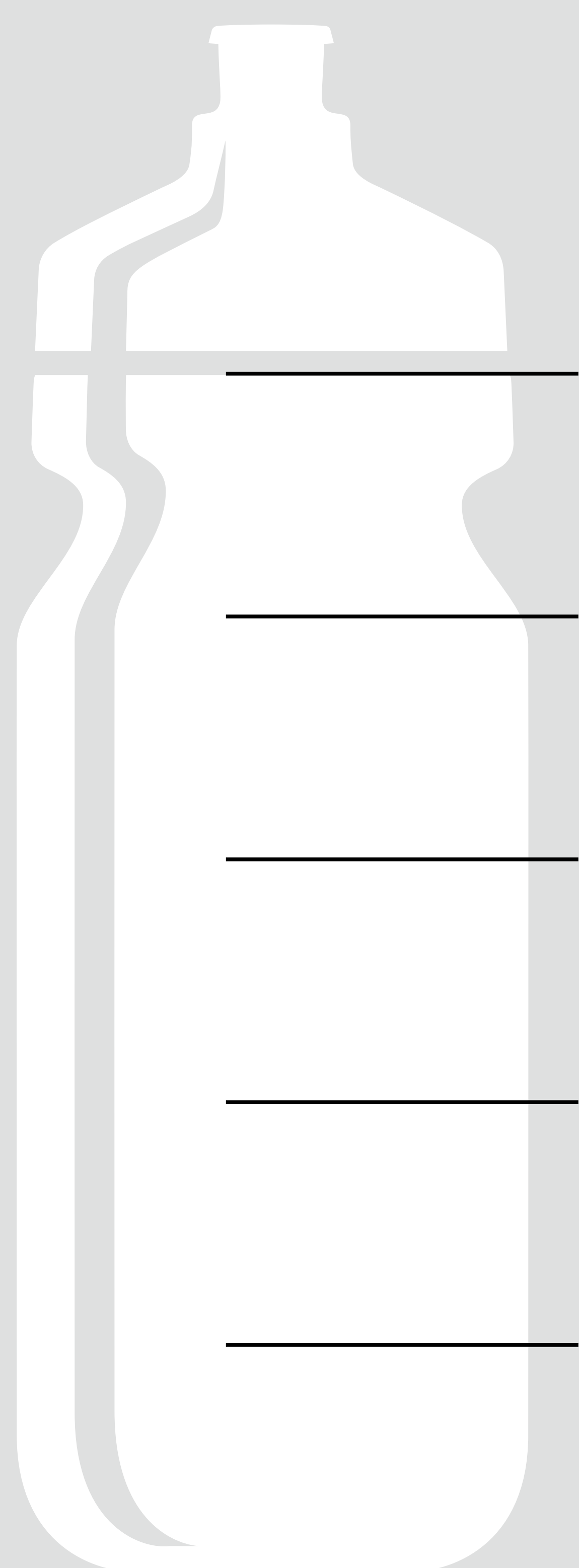
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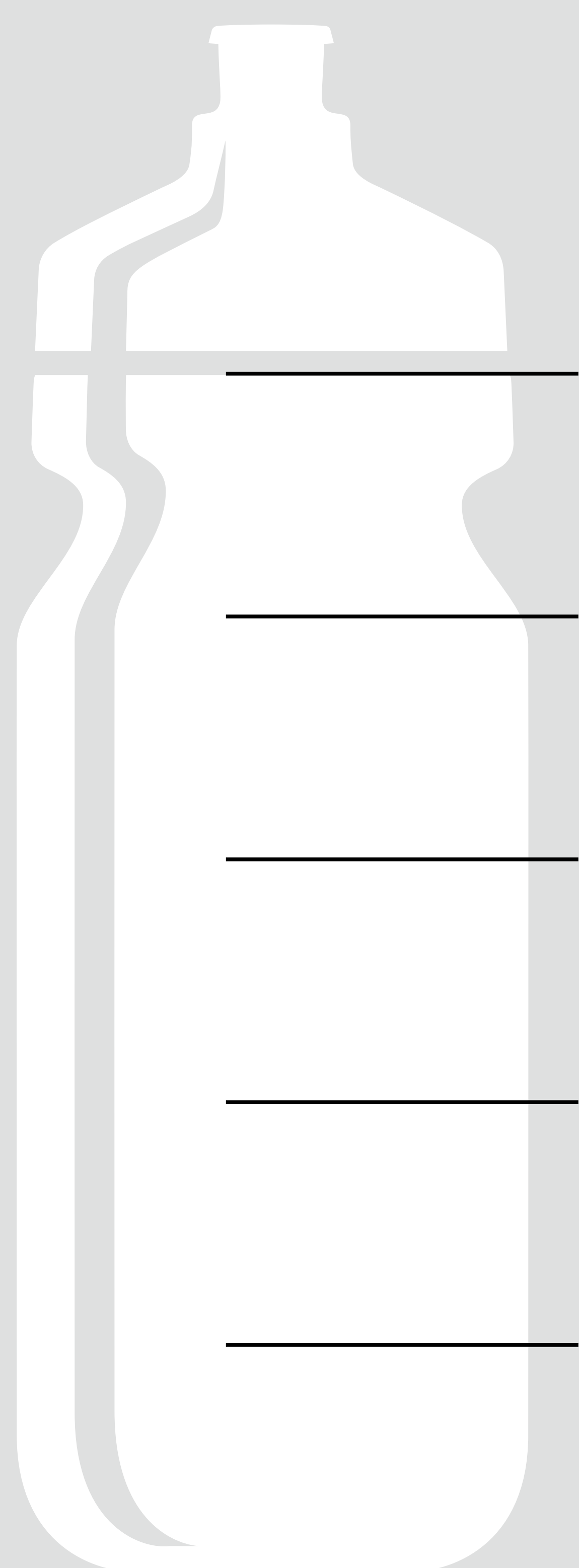
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HAPPY W/
YOUR CHOICE?

CARDIO

TYPE

MINUTES

WATER INTAKE



80 OZ

60 OZ

40 OZ

20 OZ

RESISTANCE TRAINING

EXERCISE	SET REPS	1	2	3	4	😊 😐 😞
	WT					
LEG PRESS	15	12	8	4	20	😊 😐 😞
	100	120	150	200	100	
						😊 😐 😞
						😊 😐 😞
						😊 😐 😞
						😊 😐 😞
						😊 😐 😞
						😊 😐 😞
						😊 😐 😞
						😊 😐 😞

TODAY I FEEL...

BETTER THAN YESTERDAY

PROUD

ENERGETIC

SORE

BADASS

CONFIDENT

TIRED

BEAUTIFUL

ACCOMPLISHED

CIRCLE ALL
THAT APPLY

DATE:

MORNING REVIEW

I'M EXCITED FOR...

TODAY'S TO DO LIST

1

2

3

4

5

FOOD LOG

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 AM SNACK _____ Y N
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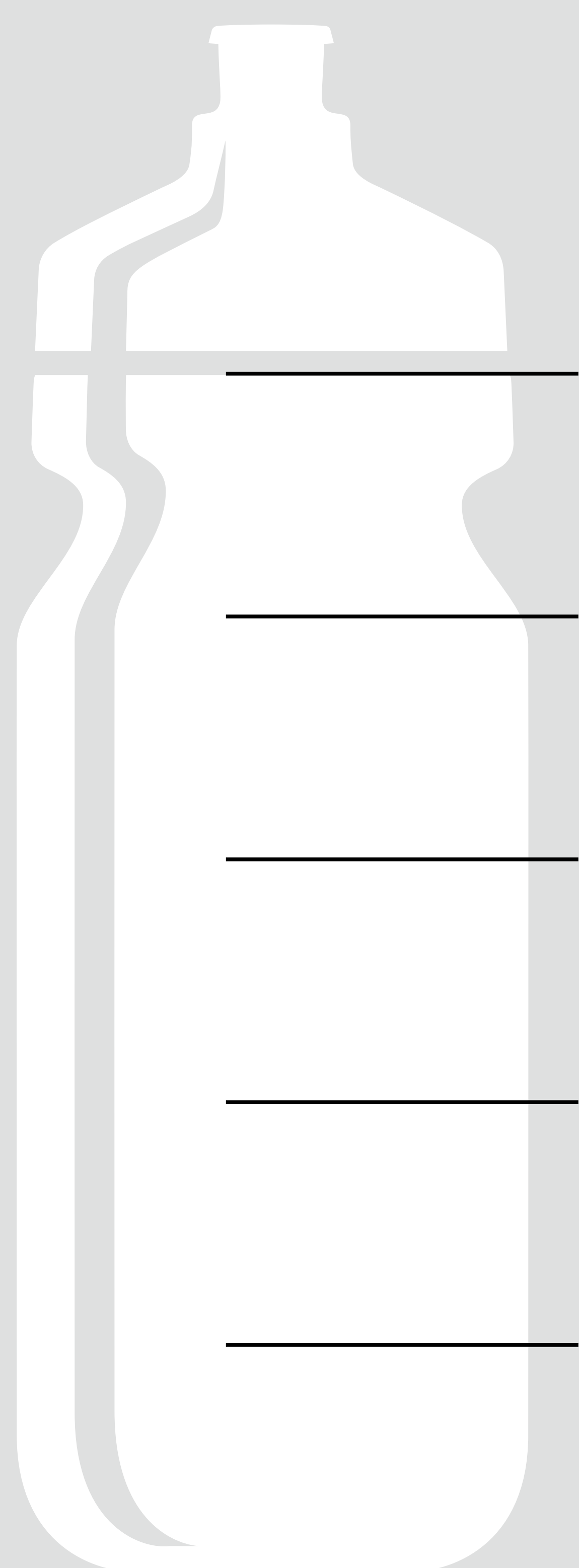
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WEEK OF:

**THIS WEEKS
MOTIVATION:**

SUNDAY ●

MONDAY ●

TUESDAY ●

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

WHAT I LOVE ABOUT MYSELF...

1

2

3

Best Gym In The World.



WEDNESDAY ● THURSDAY ● FRIDAY ● SATURDAY ●

6 AM	6 AM	6 AM	6 AM
7 AM	7 AM	7 AM	7 AM
8 AM	8 AM	8 AM	8 AM
9 AM	9 AM	9 AM	9 AM
10 AM	10 AM	10 AM	10 AM
11 AM	11 AM	11 AM	11 AM
12 PM	12 PM	12 PM	12 PM
1 PM	1 PM	1 PM	1 PM
2 PM	2 PM	2 PM	2 PM
3 PM	3 PM	3 PM	3 PM
4 PM	4 PM	4 PM	4 PM
5 PM	5 PM	5 PM	5 PM
6 PM	6 PM	6 PM	6 PM
7 PM	7 PM	7 PM	7 PM
8 PM	8 PM	8 PM	8 PM
9 PM	9 PM	9 PM	9 PM
10 PM	10 PM	10 PM	10 PM

WHAT I WANT TO WORK ON...

- _____
- _____
- _____

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