

FITNESS JOURNAL

Date: _____

My goal today:

Resistance Training: Factor 2

Lbs/Reps

Lbs/Reps

Lbs/Reps

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Moderate Cardio: Factor 3

NOTES:

Type:

Minutes:

Supportive Nutrition: Factor 1

Protein

Starchy Carb

Fibrous Carb

Calories

Breakfast

Snack

Lunch

Snack

Dinner

Snack

Factor 4: My attitude today was:

Things I did today to be healthier:

Today, I Rewarded myself by:

I am most grateful for:

My biggest accomplishment today was:

My biggest setback today was:

On a scale of 1 to 10, I would rate today as a: 1 2 3 4 5 6 7 8 9 10