



DAILY
journal

measurement tracker

DATE: / /

CHEST

HIPS

CALF

ARM

WAIST

THIGH

WEIGHT: / KG

weekly tracker


SIZING	WEEK 1	WEEK 2	WEEK 3	WEEK 4
CHEST				
ARM				
WAIST				
HIPS				
THIGH				
CALF				
INCHES LOST				

NUMBERS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT				
BMI				
WEIGHT LOST				



calorie intake tracker

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				



BEGINNER'S WORKOUT WEEKLY PLANNER

Week 1

MONDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



BEGINNER'S WORKOUT WEEKLY PLANNER

week 1

THURSDAY _____

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

YOU MADE IT TO FIRST WEEK! GOOD JOB.

BEGINNER'S WORKOUT WEEKLY PLANNER

week 2

MONDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



BEGINNER'S WORKOUT WEEKLY PLANNER

week 2

THURSDAY _____

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

YOU MADE IT TO SECOND WEEK! GOOD JOB.

BEGINNER'S WORKOUT WEEKLY PLANNER

week 3

MONDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



BEGINNER'S WORKOUT WEEKLY PLANNER

week 3

THURSDAY _____

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

YOU MADE IT TO THIRD WEEK! GOOD JOB.

BEGINNER'S WORKOUT WEEKLY PLANNER

week 4

MONDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



BEGINNER'S WORKOUT WEEKLY PLANNER

week 4

THURSDAY _____

COMPLETED YES / NO

MY FOCUS TODAY

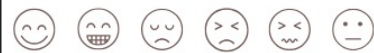
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

YOU MADE IT TO FORTH WEEK! GOOD JOB.