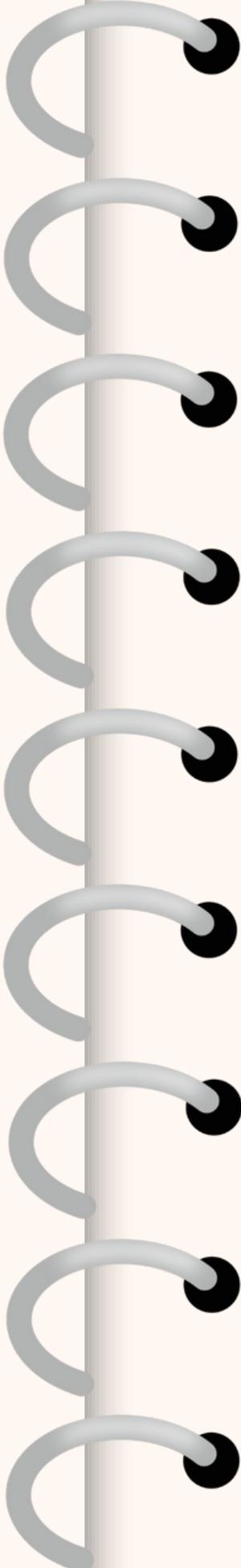


Fitness My Way

My Fitness Journal





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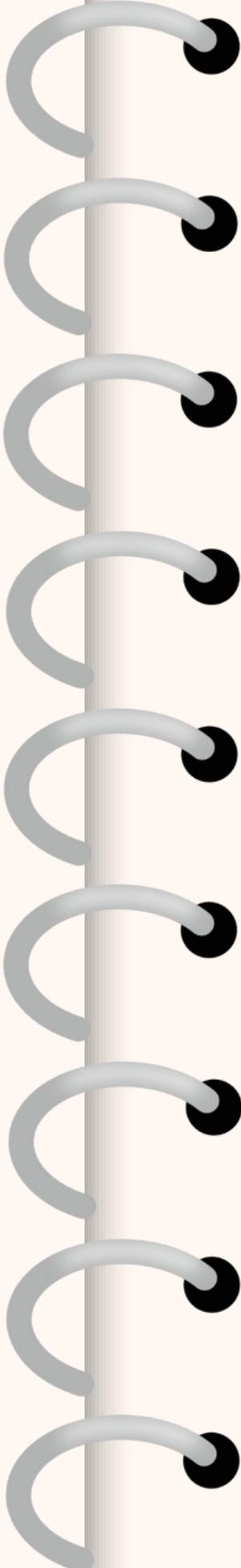
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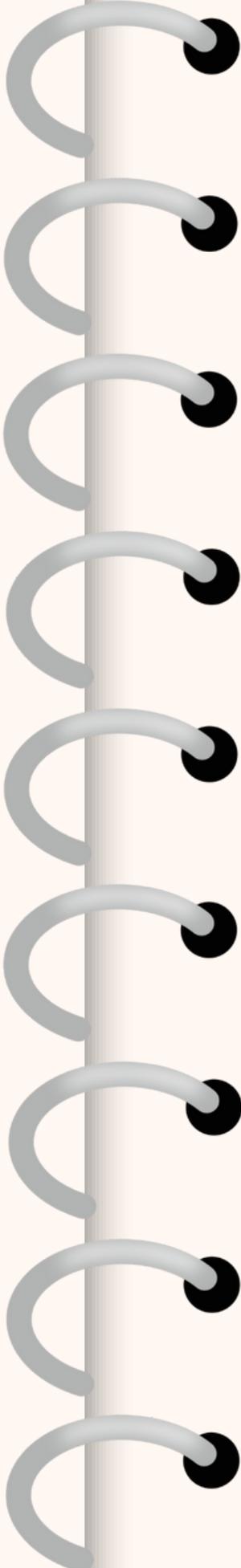
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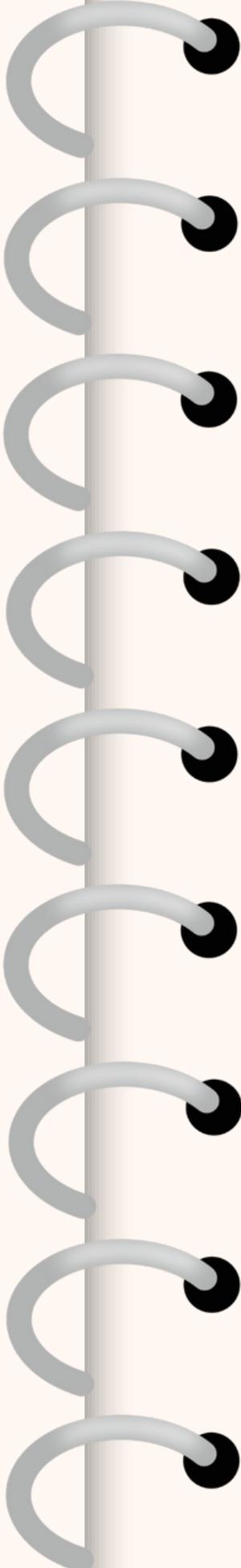
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# Month Of:

J A N U A R Y



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?



MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MEASUREMENTS

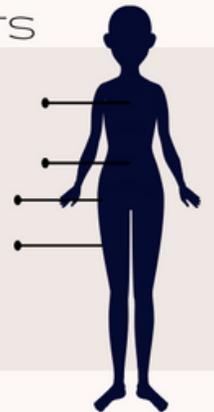
Chest:

Waist:

Hips:

Thigh:

Weight:



WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:



# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

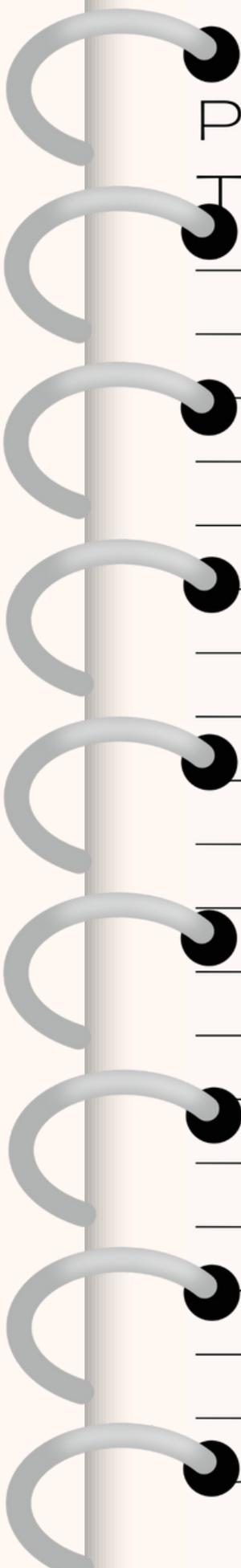
Notes :



Personal  
Thoughts:



Date:



A series of horizontal lines for writing, starting below the 'Personal Thoughts:' label and extending across the page.

Month Of:

F E B R U A R Y



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?

MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

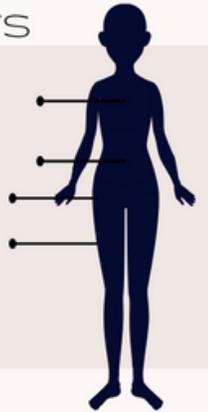
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:

★ ★ ★ ★ ★

# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

Notes :



Personal  
Thoughts:



Date:

A series of horizontal lines for writing, starting from the top line below the 'Personal Thoughts:' label and extending down to the bottom of the page. The lines are evenly spaced and cover most of the page's width.

Month Of:

HELLO  
March



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?



MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

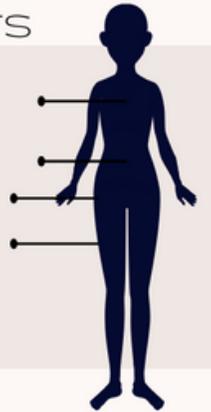
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:



# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

Notes :



Personal  
Thoughts:



Date:

A series of horizontal lines for writing, starting from the top line below the 'Personal Thoughts:' label and extending down to the bottom of the page. The lines are evenly spaced and cover most of the page's width.

Month Of:

A P R I L

APRIL  
FOOL'S  
DAY

# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?



MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

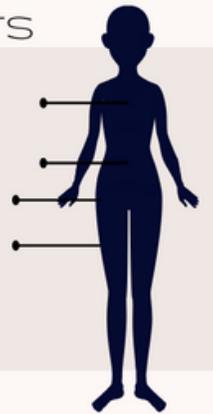
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:



# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

Notes :



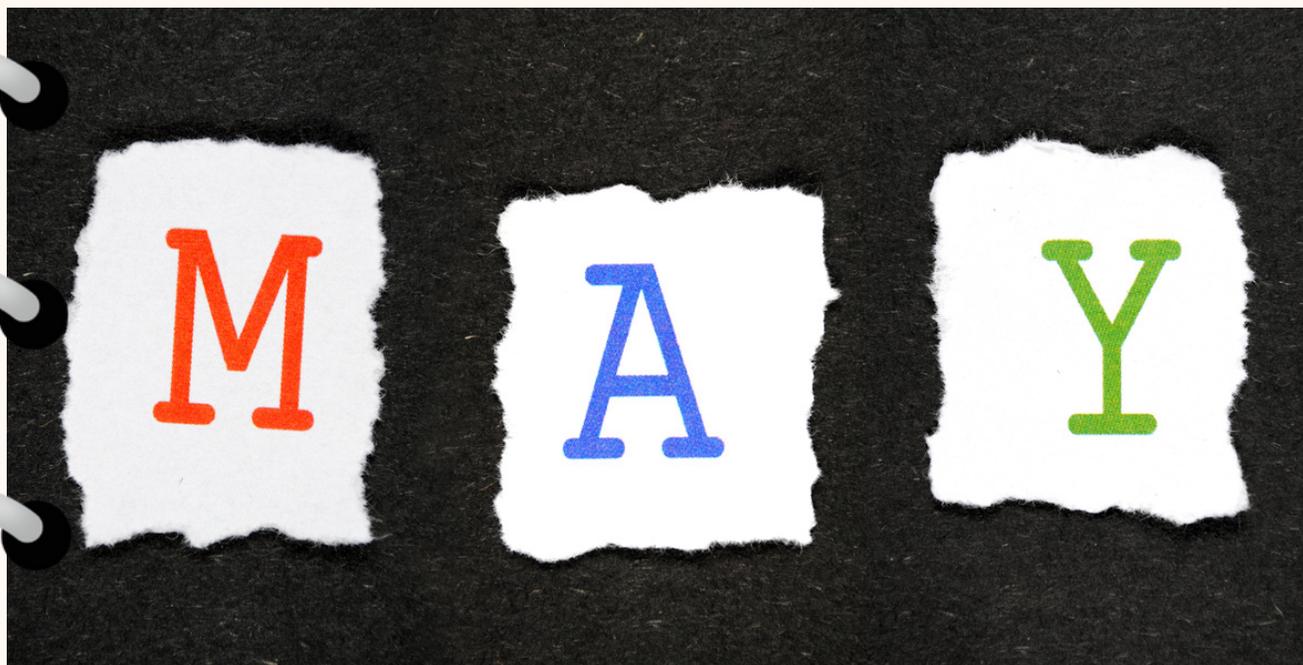
Personal  
Thoughts:



Date:

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# Month Of:



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?



MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

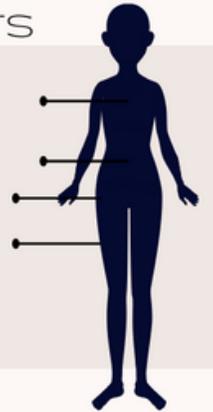
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:



# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

Notes :



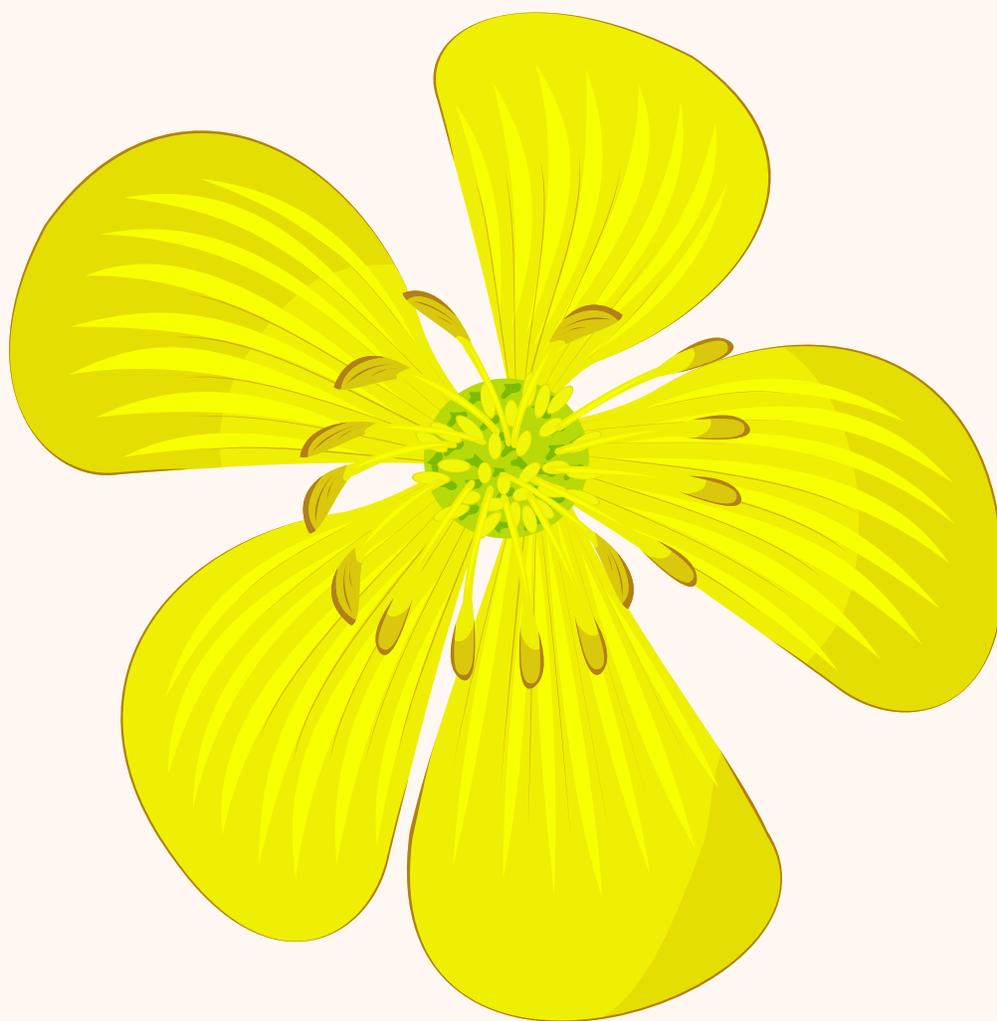
Personal  
Thoughts:



Date:

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Month Of:



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?



MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

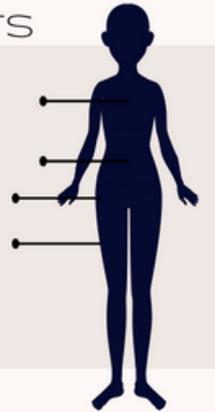
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:



# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

Notes :



Personal  
Thoughts:



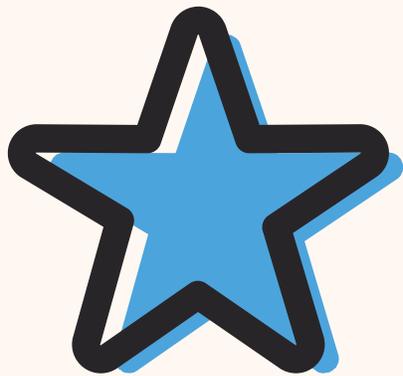
Date:

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Month Of:

HELLO

July



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?

MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

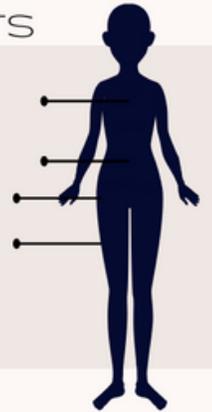
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:

★ ★ ★ ★ ★

# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

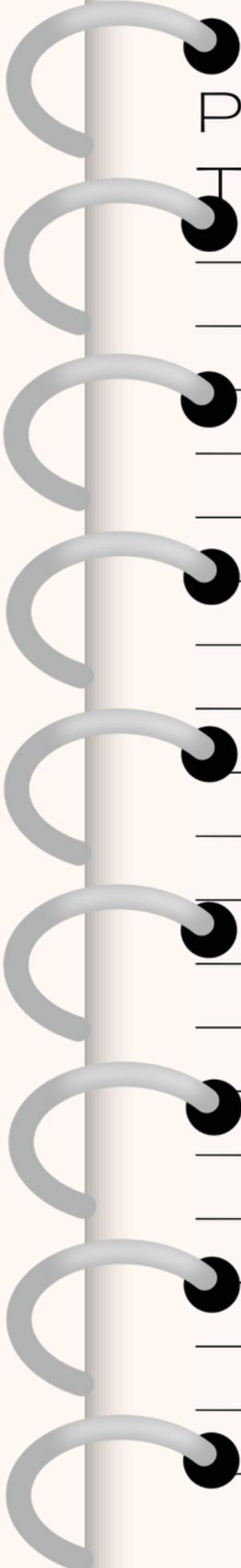
Notes :



Personal  
Thoughts:



Date:



A series of horizontal lines for writing, starting below the 'Personal Thoughts:' label and extending across the page. There are 10 pairs of lines, each pair corresponding to a spiral binding fastener on the left.

# Month Of:

A

U

G

U

S

T



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?

MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

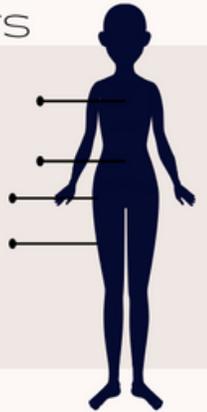
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:

★ ★ ★ ★ ★

# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

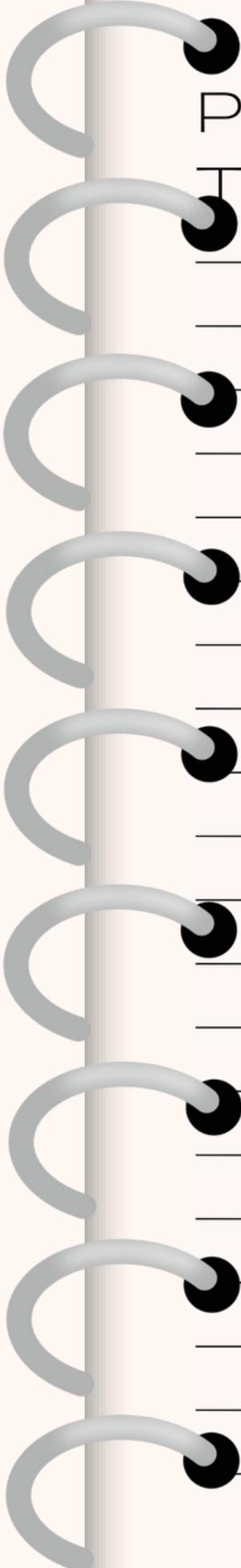
Notes :



Personal  
Thoughts:



Date:



A series of horizontal lines for writing, starting below the 'Personal Thoughts:' label and extending across the page.

Month Of:

HELLO  
September



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?

MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

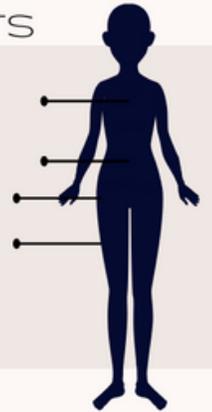
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:

★ ★ ★ ★ ★

# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

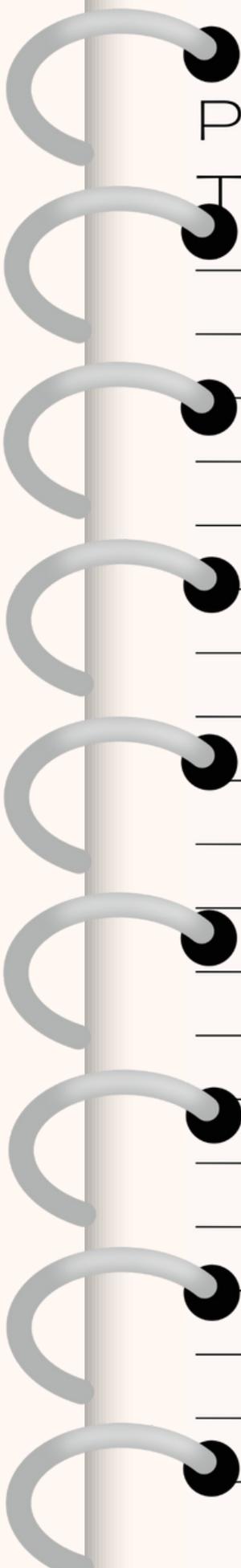
Notes :



Personal  
Thoughts:



Date:



A series of horizontal lines for writing, starting below the 'Personal Thoughts:' label and extending across the page.

Month Of:

HELLO

October



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?



MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

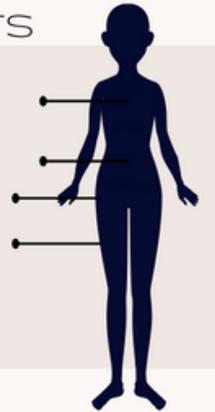
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:



# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

Notes :



Personal  
Thoughts:



Date:

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Month Of:

HELLO  
November



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?

MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

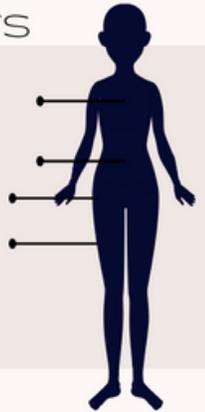
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY OVERALL PROGRESS THIS MONTH:

★ ★ ★ ★ ★

# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

# MONTHLY MEAL PREP IDEAS

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5

RECIPES I ENJOYED:

Notes :



Personal  
Thoughts:



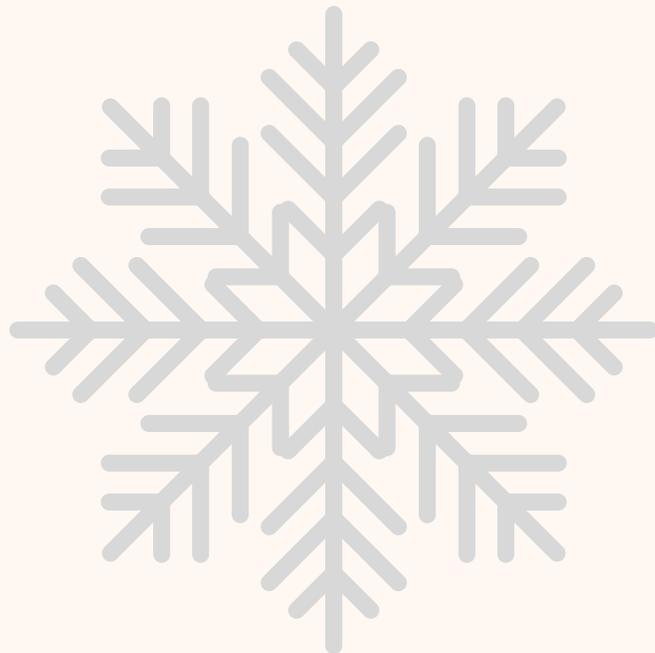
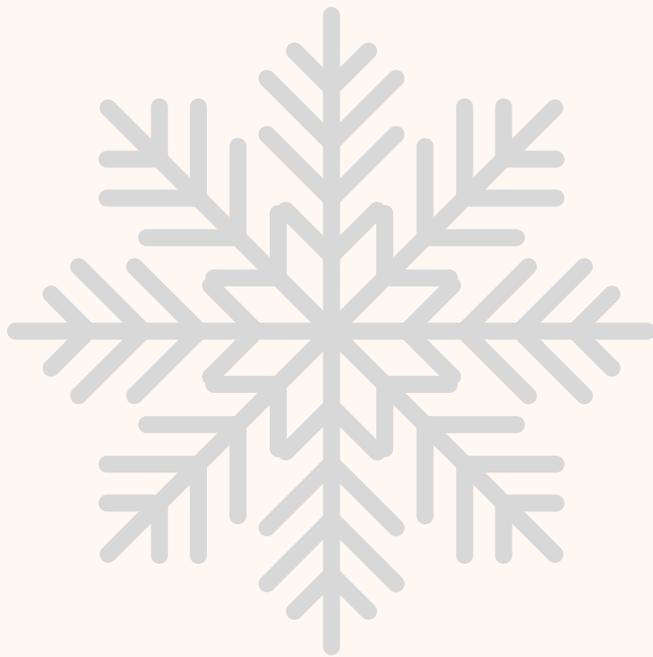
Date:

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Month Of:

HELLO

December



# Workout Check-Ins

DATE \_\_\_\_\_

REMINDERS:

ANY MOOD CHANGES?

MY GOALS:

3 WORKOUTS I WANT TO TRY THIS MONTH:

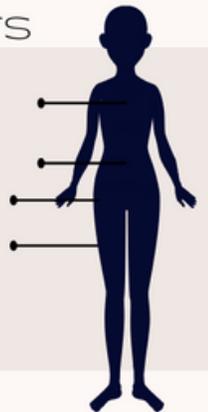
MEASUREMENTS

Chest:

Waist:

Hips:

Thigh:



Weight:

WORKOUT I'M STICKING WITH OR STAYING AWAY FROM:

MY OVERALL PROGRESS THIS MONTH:

★ ★ ★ ★ ★

# Monthly Habit Tracker

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

		Mo	Tu	We	Th	Fr	Sa	Su
Habit		○	○	○	○	○	○	○
Goal		○	○	○	○	○	○	○
Done		○	○	○	○	○	○	○
Reward		○	○	○	○	○	○	○

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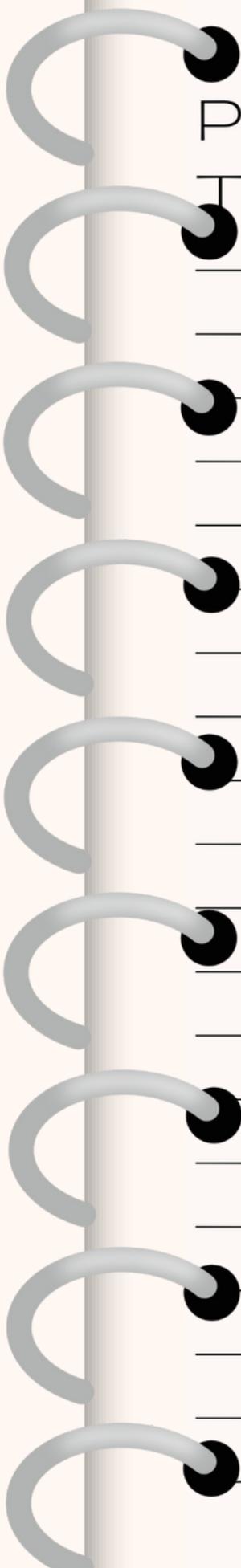
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