

# MONDAY:

*"If you want something you've never had, you must be willing to do something you've never done."*

# TUESDAY:

*"The best way to predict the future is to create it."*

DATE:

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TODAY'S TOP PRIORITY:

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HOURS SLEPT: 2-5 hrs    6-8 hrs    8+hrs

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SLEEP QUALITY: Great    Not the best    Poor

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WATER/FLUIDS: {each glass = 8 ounces}



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## TODAY'S MOVEMENT



CARDIO

STRENGTH

FLEXIBILITY

WALKING

REST DAY

## TODAY'S MOVEMENT



CARDIO

STRENGTH

FLEXIBILITY

WALKING

REST DAY

FOOD INTAKE:

FOOD INTAKE:

# WEDNESDAY:

*"Your body can stand almost anything. It's your mind that you have to convince."*

# THURSDAY:

*"Do something today that your future self will thank you for."*

DATE: \_\_\_\_\_

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TODAY'S TOP PRIORITY: \_\_\_\_\_

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FOOD INTAKE: \_\_\_\_\_

FOOD INTAKE: \_\_\_\_\_

# FRIDAY:

*"Motivation is what gets you started.  
Habit is what keeps you going."*

DATE:

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## TODAY'S MOVEMENT



CARDIO



STRENGTH



FLEXIBILITY



WALKING



REST DAY

FOOD INTAKE:

# SATURDAY:

*"The secret of getting ahead  
is getting started."*

DATE:

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WATER/FLUIDS: {each glass = 8 ounces}



## TODAY'S MOVEMENT



CARDIO



STRENGTH



FLEXIBILITY



WALKING



REST DAY

FOOD INTAKE:

# SUNDAY :

*"The body achieves what the mind believes."*

NOTES:

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HOURS SLEPT: 2-5 hrs      6-8 hrs      8+hrs

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WATER/FLUIDS: {each glass = 8 ounces}



## TODAY'S MOVEMENT



CARDIO



STRENGTH



FLEXIBILITY



WALKING



REST DAY

FOOD INTAKE: