

Day of the Week: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Today's Fitness/Health Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Training Log: Type of workout today

Resistance Training & Cardio: \_\_\_\_\_

Just Resistance Training: \_\_\_\_\_

Just Cardio: \_\_\_\_\_ Other: \_\_\_\_\_ List: \_\_\_\_\_

Skipped it: \_\_\_\_\_

Duration (00:00) \_\_\_\_:\_\_\_\_

Intensity of Workout: Low Medium High

Quality of Workout: Good OK Poor

Mind Fitness Log

Today's Mood:

Fantastic / Good / Ok / Not So Good / Depression

Why?

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Food Log:

Breakfast: \_\_\_\_\_

\_\_\_\_\_

Snack: \_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

Snack: \_\_\_\_\_

\_\_\_\_\_

Dinner: \_\_\_\_\_

\_\_\_\_\_

Water Intake: \_\_\_\_\_ Ounces

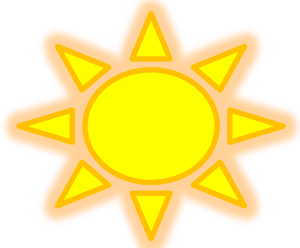
Satisfied with my food quality: Yes / No

Satisfied with my food quantity: Yes / No

List 3 things you are grateful for:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Energy Level Log:



If Nothing Ever  
Changed, There Would  
Be No Butterflies...

Overall Satisfaction for the day

