

You are
UNLIMITED

Your life does not
get better by
chance, it gets
better by *change.*

- Jim Rohn

Meal 5

Meal 4

Meal 3

Meal 2

Meal 1

M

Tu

W

Th

F

Sat

Sun

My Fitness Planner

My Goals:

My Workout:

Before weight:

After weight:

My WHY?

My Measurements

DAY _____

Chest _____

R. Arm _____

L. Arm _____

Waist _____

Hips _____

R. Thigh _____

L. Thigh _____

Weight _____

BEACHBODY

BEFORE

AFTER

DAY _____

Chest _____

L. Arm _____

R. Arm _____

Waist _____

Hips _____

L. Thigh _____

R. Thigh _____

Weight _____

RECORD the DIFFERENCE from your start to end date:

Chest _____ R. Arm _____ L. Arm _____ Waist _____ Hips _____ R. Thigh _____ L. Thigh _____

Total Inches Lost _____ Total Weight Lost _____

My Shopping List

fruits & veggies:

lean meats:

dairy:

pantry:

My Weekly Workout Tracker

Monday's
Workout:

Tuesday's
Workout:

Wednesday's
Workout:

Thursday's
Workout:

Crushed it!



Crushed it!



Crushed it!



Crushed it!



Friday's
Workout:

Saturday's
Workout:

*Sunday
Rest Day OR Yoga*

Crushed it!



Crushed it!



My Positive affirmation: