

The Fit n Healthy Plan Book PART THREE: SUPPORT TOOLS

Journal Sample Page

Date: _____

Hours Slept: _____

How I am feeling this morning: _____

Litres of Water: 1l 500ml 500ml 500ml 500 ml

What I am grateful for today: _____

Exercise Log

Activity: _____

Duration: _____

Supplements taken

Morning: _____

Evening: _____

Eating and drinking Log

Meal

One _____

Meal

Two: _____

Meal

Three: _____

Number of bowel movements: _____

How I am feeling this evening: _____

One thing I did to move towards my goal is: _____

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