

FITNESS

journal

ColoradoMoms.com



WEIGHT LOSS GOALS



ColoradoMoms.com

Start Date: _____

Start Weight: _____

Goal Weight: _____

Motivation Picture

Weight Goals

How Do you FEEL?

REWARD

_____ Goal 1

_____ Goal 2

_____ Goal 3

_____ Goal 4

_____ Goal 5

_____ Goal 6



DAILY FOOD LOG

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Sunday

Breakfast:

Lunch:

Dinner:

Snack:

Water:

Coffee/Other:

OVERALL FEELING

Monday

Breakfast:

Lunch:

Dinner:

Snack:

Water:

Coffee/Other:

OVERALL FEELING

Tuesday

Breakfast:

Lunch:

Dinner:

Snack:

Water:

Coffee/Other:

OVERALL FEELING

Notes

Large green rounded rectangular area for notes.

DAILY FOOD LOG

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Wednesday

Breakfast:

Lunch:

Dinner:

Snack:

Water:

□□□□□□□□□□

Coffee/Other:

□□□□□□□□□□

OVERALL FEELING

Thursday

Breakfast:

Lunch:

Dinner:

Snack:

Water:

□□□□□□□□□□

Coffee/Other:

□□□□□□□□□□

OVERALL FEELING

Friday

Breakfast:

Lunch:

Dinner:

Snack:

Water:

□□□□□□□□□□

Coffee/Other:

□□□□□□□□□□

OVERALL FEELING

Saturday

Breakfast:

Lunch:

Dinner:

Snack:

Water:

□□□□□□□□□□

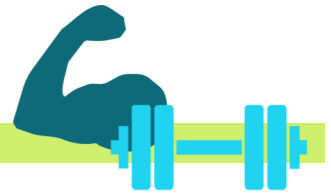
Coffee/Other:

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OVERALL FEELING

WORKOUT LOG

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	Exercise	Weights	Reps	Sets	Time
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

MEASUREMENT LOG

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	Thighs	Hips	Waist	Chest	Upper Arms	Other Observations
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						

THIS MONTH'S FITNESS

Motivational Quote:

ColoradoMoms.com

Starting Weight:

Ending Weight:



	Thighs	Hips	Waist	Chest	Upper Arms
Starting Measurements					
Ending Measurements					

GOALS

NOTES

NOTES

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