

# FITNESS JOURNEY LOG

MONTH: \_\_\_\_\_ GOAL: \_\_\_\_\_

HABIT / DAILY  
GOAL

M T W T F S S M T W T F S S

Morning Fasted  
Cardio

Strength Training

1 Gallon Water

No Processed Sugar

Protein Target Met

8 Hours Sleep

Stretching / Mobility

Weekly Reflections  
Wins & Adjustments