

transformation
LOG

personal
RECORDS

DATE

monthly
REFLECTIONS

WHAT WENT WELL?

HOW I WILL KEEP IT UP:

DATE

EXERCISE

REPS/WEIGHT

THURSDAY

FRIDAY

SATURDAY

NOTES:

WEEK OF:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

BREAKFAST

LUNCH

DINNER

SNACKS

WATER: 4 8

WATER:

WATER: 1 2 3 4 5 6 7 8

SLEEP:

SLEEP: 1 2 3 4 5 6 7 8

WORKOUT:

WEEKLY RATING:

WEEKLY RATING: ☆ ☆ ☆ ☆ ☆