



Date	Today's workout									
	On a scale of 1-10 today's workout was a 1 2 3 4 5 6 7 8 9 10 to moment I was proud of during today's workout									
Workout	On a scale of 1-10 today's nutrition was a 1 2 3 4 5 6 7 8 9 10 I drank _____ of water today									
	BOOK _____ • UP PAGE: _____					TODAY'S SELF-CARE				
Reading	3 things I am grateful for today.									
	Gratitude									

[illegible]

Monthly Coloring Workout Tracker

with bonus goal trackers!