

JOURNAL

Date _____

I'm doing
this for

MIE...

Meal Plan

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Week-at-a-Glance

Goals

Pounds Lost

of Workouts

Non-Scale Victories

Inches Lost

Daily Calorie Intake

Check-In

8 Glasses of Water

Vitamins/Supplements

Cardio Workout

Strength Training

Food Journal

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Measurements

Starting

Waist _____

Hips _____

Thighs _____

Calves _____

Arm _____

Weight _____

Body Fat % _____

Ending

Waist _____

Hips _____

Thighs _____

Calves _____

Arm _____

Weight _____

Body Fat % _____

Difference

Waist _____

Hips _____

Thighs _____

Calves _____

Arm _____

Weight _____

Body Fat % _____