

My Fitness Journal



Name

Age

Height

Weight

BMI

My Goal



Paste Your Before Picture Here

Before

Day: --------------------- Date: --/--/----

My Meals…

My Vitals

Water: ------------ glasses

Sleep: ------------- hours

Fruits: ------------- servings

Vegetables: -------------------

Cheat: -----------------

Reminder…

Struggles…

Workout:

Step Count: --------------------

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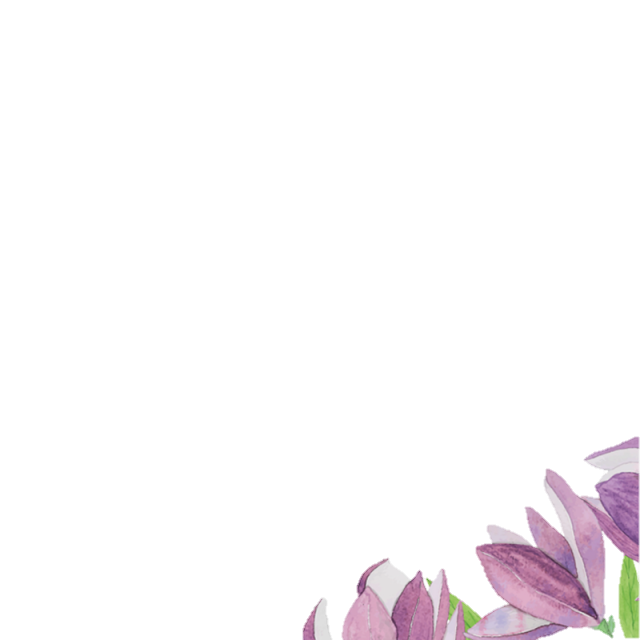
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I feel…



|  |  |
| --- | --- |
| WEEK | WEIGHT |
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My Weight Tracker



Paste Your Before Picture Here

After