GOALS

Profile…

------------------------------------------------------------------------------------------------------------------------------------------------

-----------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

-

STRUGGLES

COMPLETED…

---------------------------------------------------------------------

---------------------------------------------------------------------

---------------------------------------------------------------------

---------------------------------------------------------------------

CURRENT

MY GOALS

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

------------------------------------------------------------------------------------------------------------------------------------------------

---------------------------------------------------------------------

---------------------------------------------------------------------

---------------------------------------------------------------------

---------------------------------------------------------------------

|  |  |
| --- | --- |
| MON | Breakfast Lunch Dinner SNACK |
| TUE | Breakfast Lunch Dinner SNACK |
| WED | Breakfast Lunch Dinner SNACK |
| THU | Breakfast Lunch Dinner SNACK |
| FRI | Breakfast Lunch Dinner SNACK |
| SAT | Breakfast Lunch Dinner SNACK |
| SUN | Breakfast Lunch Dinner SNACK |

My Vitals

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

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

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

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

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

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

Important…

Struggles…

Workout:

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

------------------------------------------------------------

------------------------------------------------------------

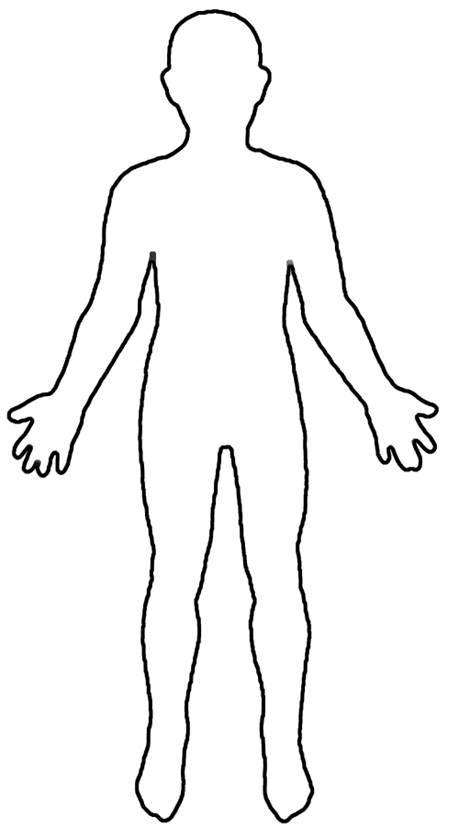
------------------------------------------------------------

Reminder…

I feel…

BODY MEASUREMENT

Month/Year ----------------------



WEIGHT

|  |  |  |  |
| --- | --- | --- | --- |
| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |

BEFORE AFTER

Excelwordtemplate.com

WEIGHTLOSS

JOURNAL