

## daily routine \_\_\_\_\_ / \_\_\_\_\_

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Water is important it helps weight loss

My goal for today is: \_\_\_\_\_

Each block below equals \_\_\_\_\_ minutes

- Abs *do every other day*
- Strength *alternate days lower body 1 day, upper the the next - or do both 1 day & skip the next day*

Cardio

3 Daily Goals:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today's Meals

- Brkfst: \_\_\_\_\_ cal    Snack: \_\_\_\_\_ cal
- Lunch: \_\_\_\_\_ cal    Snack: \_\_\_\_\_ cal
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## weekly recap \_\_\_\_\_ / \_\_\_\_\_

Measurements

Chest: \_\_\_\_\_ "  
Waist: \_\_\_\_\_ "  
Hips: \_\_\_\_\_ "  
Arm: \_\_\_\_\_ "  
Leg: \_\_\_\_\_ "

Work-Outs

Abs total: \_\_\_\_\_ mins.  
Strength: \_\_\_\_\_ mins.  
Cardio: \_\_\_\_\_ mins.  
Total mins: \_\_\_\_\_

Weight \_\_\_\_\_ lbs

Water (ounces) \_\_\_\_\_  
*Water ounces needed is half my weight  
(180 lbs needs 90 oz)*

The biggest obstacle to my goals this week was:

\_\_\_\_\_  
Next time I will: \_\_\_\_\_

The good thing this week was: \_\_\_\_\_

Next week's trigger event(s): \_\_\_\_\_

So my plan is: \_\_\_\_\_

