

12 WEEK

FITNESS JOURNAL

YOUR PLAN OF ACTION



THIS JOURNAL BELONGS TO



MAKE THE MOST OF YOUR FITNESS JOURNAL

1 SET GOALS + CREATE YOUR PLAN

Take the time to think about what goal you want to achieve. Whether you want to lose 5lbs or feel confident in a bikini. Make your goals meaningful to you, and as specific as possible. Once you've set your goals take the time to break them down into smaller bite size steps that can be achieved weekly and daily.

2 TRACK, REVIEW AND ADJUST

It's vital that *you* make the time every day to record your workouts and log your food and water intake. Research shows that the simple act of **recording** this down on paper every day, is the key to achieving your fitness goals. Even if you have an off day, jot it down and work out how you can make tomorrow better. With this 12 week plan you also get the chance to review each week which will help you track your progress, keep **your motivation** levels high and give you the chance to adjust what's not working. Whether it's your workout, food plans or routine

3 REACH YOUR GOALS + GET YOUR REWARD

Look back over the past 12 weeks and admire how far you have come. Reflect and review your progress and make sure to reward yourself. This could be anything from a spa break, a shopping trip for a new outfit or even a beach holiday! Once your 12 weeks are up we will help you prepare for life after your 12 week plan. Or get ready to plan out your next 12 week challenge!

GOAL GETTING 101

MAKE IT SUPER SPECIFIC

You've only established your goal if it's crystal clear and can be communicated either verbally or in writing. Don't set wishy-washy goals. For example, *"I want to lose weight,"* is too vague. A specific goal is *"I want to lose 12 pounds before I get on the plane to Hawaii on Monday 11th August."* Consider answering the following questions:

WHAT: What do you want to accomplish?

WHY: Why do you want to accomplish this goal? Are there any specific reasons or benefits?

WHEN: Set a date that you want to accomplish your goal by

MAKE YOUR GOAL MEASURABLE

If your goal isn't measurable you won't know when you've achieved it. Think about daily and weekly goals that will make sure you hit your big 12 week goals. For example instead of saying *"I will drink more water."* Set your goal as *"I will drink 8 cups of water every day."*

IS YOUR GOAL ACHIEVABLE?

Make sure you're not setting yourself an impossible goal. Saying you'll lose 30 pounds in 30 days is unachievable and will do more damage to yourself in the long term. You want to do this in a healthy way. This is a lifestyle change. Strive for progress, not perfection.

IS YOUR GOAL RELEVANT AND REALISTIC IN YOUR LIFE?

Evaluate your current lifestyle and consider if you have the time and energy to commit to your goals. Do you have the time, skill set, enthusiasm and sheer determination to change your lifestyle right now? For example, if you're studying for a big exam, going to college and holding down a part time job. Will you really be able to commit 1 hour to daily to exercise? Or can you just commit to 20 minutes daily? You've got to make the time and energy to make your health and goals your number 1 priority.

MARK THE FINISH LINE

It's amazing what you can achieve when you set yourself a deadline. You must create a time frame within which to achieve your goals. This takes your goals from 'someday' to happening today!

EVALUATE YOUR PROGRESS AS MUCH AS POSSIBLE

It's important to evaluate yourself weekly to track your progress, and see how you can make the next week even better. You'll look at what's gone well as well as what's gone wrong. By completing your weekly progress sheets you will learn how to improve yourself, week after week.

SET YOURSELF A MEANINGFUL REWARD

Creating a reward for yourself is very personal to you. You've got to think about what motivates you, personally. A great idea for a reward is an expensive pair of jeans in your new size, as this will anchor you to stay at your new weight—because you'll always want to fit into those jeans! But whether it's a holiday with the girls, or an anniversary date somewhere very fancy. Just make sure it motivates you every day.

BEFORE AND AFTER

USE A BODY TAPE MEASURE, BODY FAT CALLIPERS AND BODY SCALES TO TRACK YOUR PROGRESS



Before
pic

After
pic

BEFORE

AFTER

DATE:

DATE:

WEIGHT		
CHEST		
WAIST		
HIPS		
UPPER ARM		
THIGH		
BODY FAT		
OTHER		

YOUR 12 WEEK PLAN

START DATE:

TARGET DATE:.....

12 WEEK GOALS:

FITNESS: DONE
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NUTRITION: DONE
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OTHER: DONE
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“ A year from now
you'll wish you had started today ”

MOTIVATION:

REWARD:



PLAN IT OUT + MAKE IT HAPPEN

WRITE DOWN AND SCHEDULE IN YOUR WORKOUTS FOR YOUR 12 WEEK PLAN BELOW

WEEK	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

YOUR 12 WEEK

RECORD YOUR PROGRESS EVERY WEEK AND

	1	2	3	4	5	6
WEIGHT						
CHEST						
WAIST						
HIPS						
UPPER ARM						
THIGH						
BODY FAT						
WEEKLY RATING						
OTHER						

WEEK ONE

THIS WEEK'S GOALS:

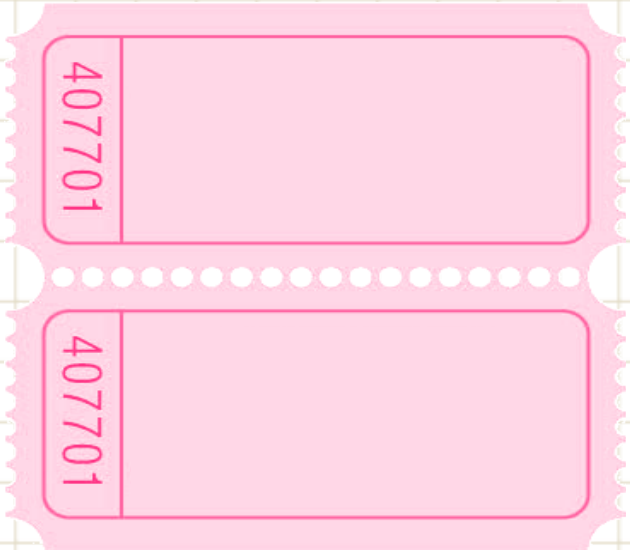
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #1

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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WHAT HASN'T GONE SO WELL? AM I SLIPPING BACK?



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WHAT CAN I LEARN FROM WHAT HAS HAPPENED?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK TWO



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WEEK 1 RATING:

WEEK TWO

THIS WEEK'S GOALS:

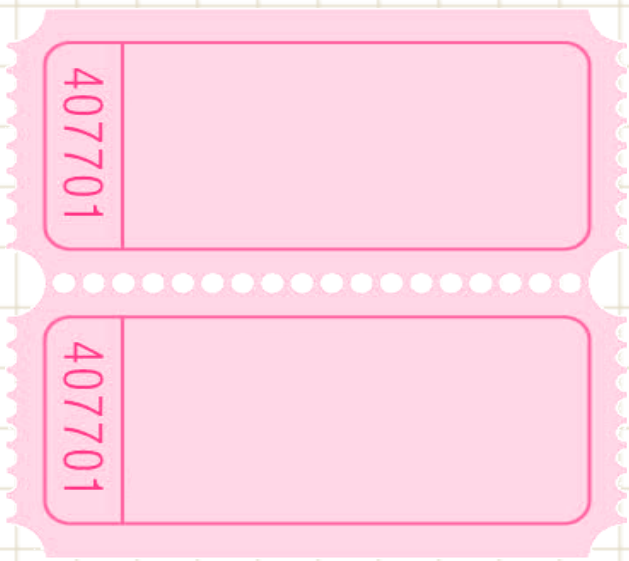
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #2

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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WHAT HASN'T GONE SO WELL? AM I SLIPPING BACK?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK THREE



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WEEK 2 RATING:

WEEK THREE

THIS WEEK'S GOALS:

FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:

407701

407701

WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #3

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK FOUR



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WEEK 3 RATING:

WEEK FOUR

THIS WEEK'S GOALS:

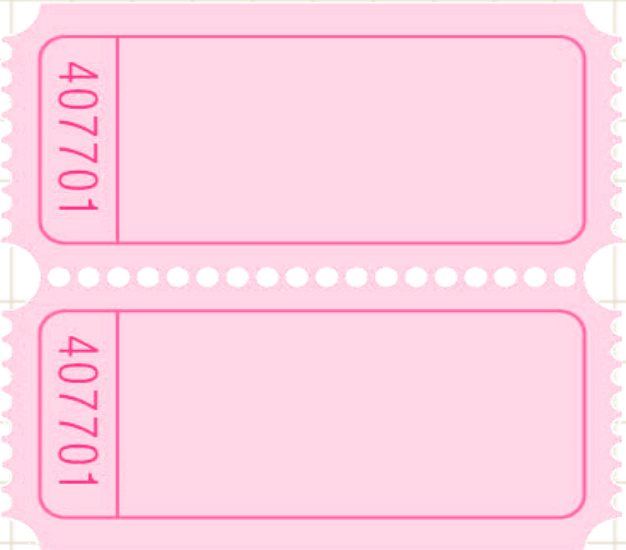
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #4

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK FIVE



A series of horizontal dotted lines spanning the width of the page, providing a space for writing notes and planning for the next week.

WEEK 4 RATING:

WEEK FIVE

THIS WEEK'S GOALS:

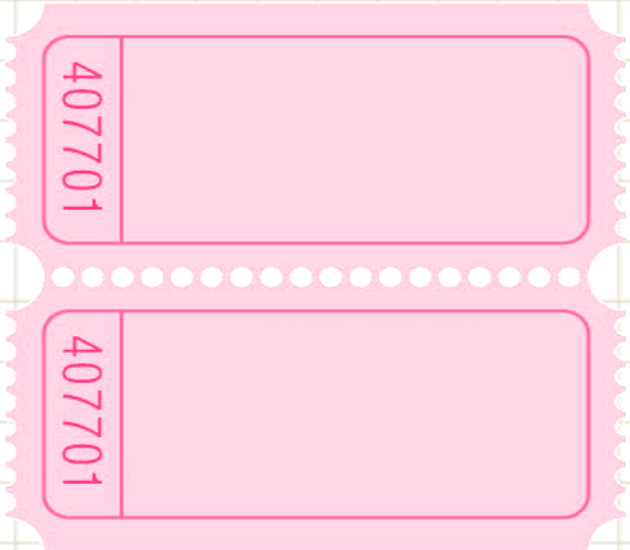
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #5

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK SIX



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WEEK 5 RATING:

WEEK SIX

THIS WEEK'S GOALS:

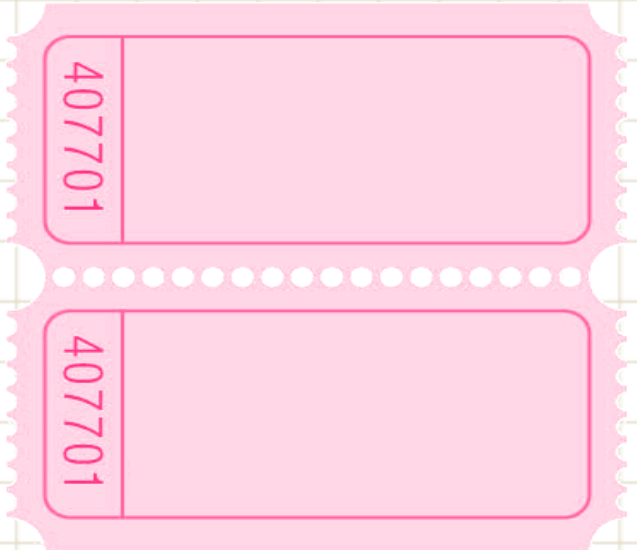
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #6

DATE:

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SINCE MY LAST REVIEW:

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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK SEVEN



A series of horizontal dotted lines spanning the width of the page, providing space for writing notes and planning.

WEEK 6 RATING:

WEEK SEVEN

THIS WEEK'S GOALS:

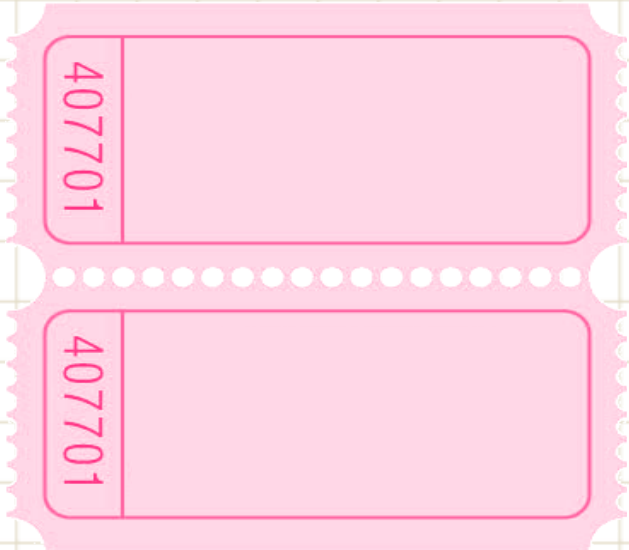
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT ^{AM}							
WORKOUT ^{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #7

DATE:

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SINCE MY LAST REVIEW:

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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK EIGHT



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WEEK 7 RATING:

WEEK EIGHT

THIS WEEK'S GOALS:

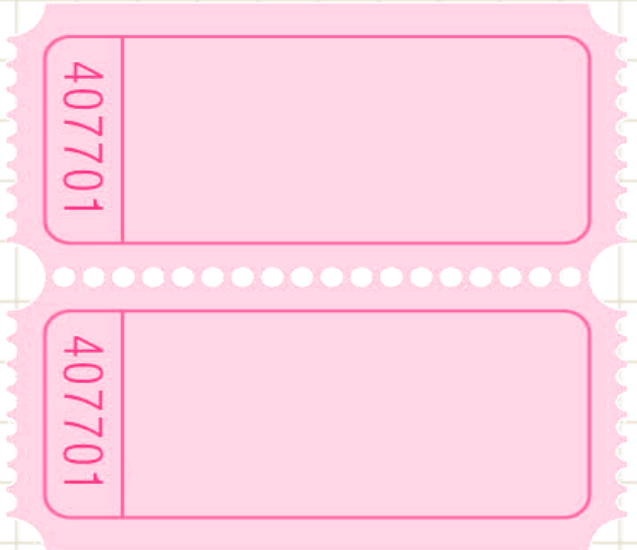
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #8

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK NINE



A series of horizontal dotted lines for writing notes and planning.

WEEK 8 RATING:

WEEK NINE

THIS WEEK'S GOALS:

FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:

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WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT ^{AM}							
WORKOUT ^{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #9

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK TEN



A series of horizontal dotted lines spanning the width of the page, providing a guide for writing notes and planning for the next week.

WEEK 9 RATING:

WEEK TEN

THIS WEEK'S GOALS:

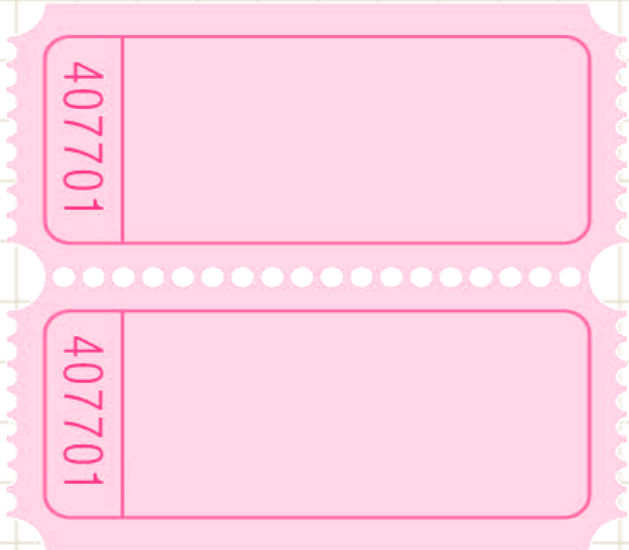
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #11

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK ELEVEN



A series of horizontal dotted lines for writing notes and planning.

WEEK 10 RATING:

WEEK ELEVEN

THIS WEEK'S GOALS:

FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:

407701

407701

WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT _{AM}							
WORKOUT _{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #11

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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WHAT CAN I LEARN FROM WHAT HAS HAPPENED?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT WEEK TWELVE



A series of horizontal dotted lines for writing notes and planning.

WEEK 11 RATING:

WEEK TWELVE

THIS WEEK'S GOALS:

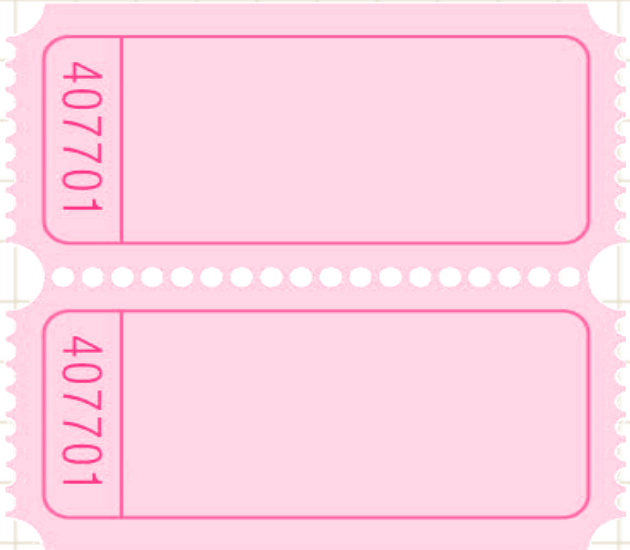
FITNESS:

NUTRITION:

OTHER:

APPOINTMENTS:

REWARD:



WEEKLY PLAN:

	M	T	W	T	F	S	S
WORKOUT ^{AM}							
WORKOUT ^{PM}							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
OTHER							

THE WEEKLY WRAP UP #12

DATE:

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SINCE MY LAST REVIEW:

WHAT'S GONE WELL?



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HOW CAN I PUT WHAT HAS BEEN LEARNED INTO PRACTICE & MAKE NEXT WEEK EVEN BETTER?

USE THIS PAGE TO JOT DOWN ANY NOTES AND PLAN OUT YOUR NEXT GOAL



A series of horizontal dotted lines for writing notes and planning.

WEEK 12 RATING:



YOU DID IT!



Congratulations! You completed your 12 week challenge—Let's see how you did

YOUR FINAL STATS:

	BEFORE	AFTER
	DATE:	DATE:
WEIGHT		
WAIST		
BODY FAT		
OTHER		

YOUR ACCOMPLISHED GOALS:

FITNESS:

..... ACHIEVED

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NUTRITION:

..... ACHIEVED

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OTHER:

..... ACHIEVED

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YOUR REWARD!

WHAT'S NEXT...

WHAT WERE YOUR HIGH POINTS DURING YOUR 12 WEEK CHALLENGE?

WHAT WENT WELL AND WHAT ARE YOU PROUD OF?



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WHAT WERE YOUR LOW POINTS?

WHAT DID YOU STRUGGLE WITH? DID YOU OVERCOME THIS?



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WHAT DID YOU LEARN?

DID YOU LEARN ANYTHING ABOUT YOURSELF? DID YOU PICK UP NEW HABITS?



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WHAT WOULD YOU LIKE TO ACCOMPLISH NEXT?

CONSIDER BOTH SHORT AND LONG TERM GOALS, HOW ARE YOU GOING TO MAKE THIS HAPPEN?



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easy peasy
PAPER