## TITNESS JOURNAL

## Be Successfull

Keep track of when and how you exercised so you can know when to reward yourself.

you can know when to reward yourself.				
DATE	EQUIPMENT/ PROGRAM USED	TIME SPENT	INTENSITY	HOW I FELT AFTERWARDS
	ula THIS			
fow	THIS	THIS		THIS
		т.		<u> </u>
Con	sistency +	Time	=	Success
M. Parrand VV/Iana Cindan and All Clandred Off				
My Reward When Circles are All Checked Off				