

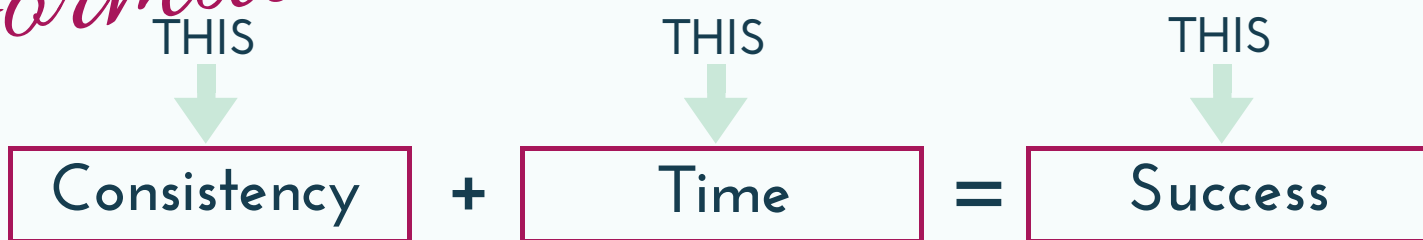
# FITNESS JOURNAL

## Be Successful!

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

DATE	EQUIPMENT/ PROGRAM USED	TIME SPENT	INTENSITY	HOW I FELT AFTERWARDS
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

*formula*



My Reward When Circles are All Checked Off \_\_\_\_\_

