

MONDAY _			COMPLETED: YES / NO
MY FOCUS TODAY	Υ	WRITE 3 AFFIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
TUESDAY _			COMPLETED: YES / NO
MY FOCUS TODA	Y	WRITE 3 AF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
wednesda`	Υ		COMPLETED: YES / NO
MY FOCUS TODAY	ſ	WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER

### Week 1

THURSDAY			COMPLETED: YES / NO
MY FOCUS TODAY	,	WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
FRIDAY  MY FOCUS TODAY	·	WRITE 3 AFI	COMPLETED: YES / NO
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
	SATUR	RDAY REST	
SUNDAY _			COMPLETED: YES / NO
SMALL STRETCH /	WORKOUT	YOUR CHEA	AT FOOD REQUEST

You made it to first week! Good job.

MONDAY _			COMPLETED: YES / NO
MY FOCUS TODAY		WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
TUESDAY _			COMPLETED: YES / NO
MY FOCUS TODA	S TODAY WRITE 3 AFFIRMATIONS		FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
wednesda <sup>,</sup>	ſ		COMPLETED: YES / NO
MY FOCUS TODAY	•	WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER

### Week 2

THURSDAY			COMPLETED: YES / NO
MY FOCUS TODAY		WRITE 3 AFF	IRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
FRIDAY  MY FOCUS TODAY	,	WRITE 3 AFF	COMPLETED: YES / NO FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
	SATUF	RDAY REST	
SUNDAY			COMPLETED: YES / NO
SMALL STRETCH /	WORKOUT	YOUR CHEA	T FOOD REQUEST

You made it to second week! Good job.

MONDAY _			COMPLETED: YES / NO
MY FOCUS TODAY		WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
TUESDAY _			COMPLETED: YES / NO
MY FOCUS TODAY	,	WRITE 3 AFI	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
WEDNESDAY			COMPLETED: YES / NO
MY FOCUS TODAY		WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER

## Week 3

THURSDAY			COMPLETED: YES / NO
MY FOCUS TODAY	(	WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
FRIDAY  MY FOCUS TODAY	Υ	WRITE 3 AFI	COMPLETED: YES / NO FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
	SATUF	RDAY REST	
SUNDAY _			COMPLETED: YES / NO
SMALL STRETCH /	WORKOUT	YOUR CHEA	AT FOOD REQUEST

You made it to third week! Good job.

MONDAY _			COMPLETED: YES / NO
MY FOCUS TODAY	ſ	WRITE 3 AFFIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
TUESDAY _			COMPLETED: YES / NO
MY FOCUS TODA	Υ	WRITE 3 AF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
wednesda`	Υ		COMPLETED: YES / NO
MY FOCUS TODAY	<b>′</b>	WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER

### Week 4

THURSDAY	COMPLETED: YES / NO			
MY FOCUS TODAY	(	WRITE 3 AFF	WRITE 3 AFFIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER	
FRIDAY  MY FOCUS TODA	Υ	WRITE 3 AFI	COMPLETED: YES / NO	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER	
	SATUF	RDAY REST		
SUNDAY _			COMPLETED: YES / NO	
SMALL STRETCH /	WORKOUT	YOUR CHEA	AT FOOD REQUEST	

You made it to forth week! Good job.

MONDAY _			COMPLETED: YES / NO	
MY FOCUS TODAY		WRITE 3 AFF	WRITE 3 AFFIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER	
TUESDAY _			COMPLETED: YES / NO	
MY FOCUS TODAY	(	WRITE 3 AF	FIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER	
wednesda`	Y		COMPLETED: YES / NO	
MY FOCUS TODAY	,	WRITE 3 AFF	FIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER	

## Week 5

THURSDAY			COMPLETED: YES / NO
MY FOCUS TODAY	,	WRITE 3 AI	FFIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
FRIDAY  MY FOCUS TODAY	······································	WRITE 3 A	COMPLETED: YES / NO FFIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER  WATER TRACKER
	SATUF	RDAY RES	Τ
SUNDAY _			COMPLETED: YES / NO
SMALL STRETCH /	WORKOUT	YOUR CHE	EAT FOOD REQUEST

You made it to fifth week! Good job.