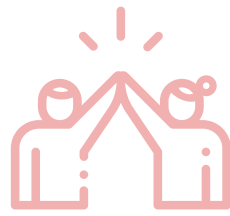




YOU CAN DO IT!
KEEP TRACK



YOU CAN DO IT!

SUCCESS IS STEADY PROGRESS TOWARD ONE'S PERSONAL GOALS

*Keep track of your progress, print out
or save on your phone/tablet/desktop,
fill in & save or take note in your diary.*

DATE _____

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Supplement _____

Water _____

Workout/Activity _____ hrs _____ mins

HOW DO YOU FEEL? 😊 😐 😞

DATE _____

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Supplement _____

Water _____

Workout/Activity _____ hrs _____ mins

HOW DO YOU FEEL? 😊 😐 😞

DATE _____

Breakfast _____

Snack _____

Lunch _____

Snack _____

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Breakfast _____

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Snack _____

Dinner _____

Supplement _____

Water _____

Workout/Activity _____ hrs _____ mins

HOW DO YOU FEEL? 😊 😐 😞