

The background is a marbled pattern with soft, flowing shapes in shades of light grey and off-white, accented with thin, elegant lines of gold. The overall aesthetic is clean, modern, and sophisticated.

FITNESS & HEALTH

Empowered Coaching

6 HEALTHY HABITS

Go to bed and wake up at the same time

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Do quick workouts everyday

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Read at least 20 pages a day

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Walk 10,000 steps per day

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Eat more vegetables

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Drink enough water

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CALORIE TRACKER

date: _____

breakfast

proteins

carbs

fats

calories

lunch

dinner

snacks

MY MEASUREMENTS

month: _____

arms

week 1:

week 2:

week 3:

week 4:

difference:

legs

week 1:

week 2:

week 3:

week 4:

difference:

hips

week 1:

week 2:

week 3:

week 4:

difference:

waist

week 1:

week 2:

week 3:

week 4:

difference:

bust

week 1:

week 2:

week 3:

week 4:

difference:

weight

week 1:

week 2:

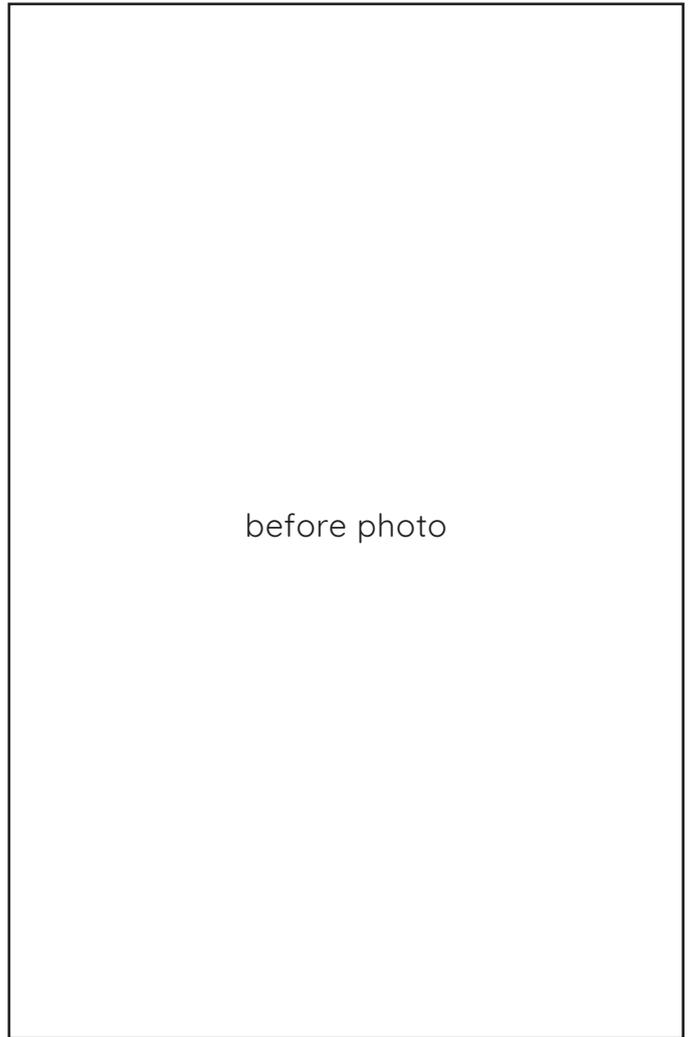
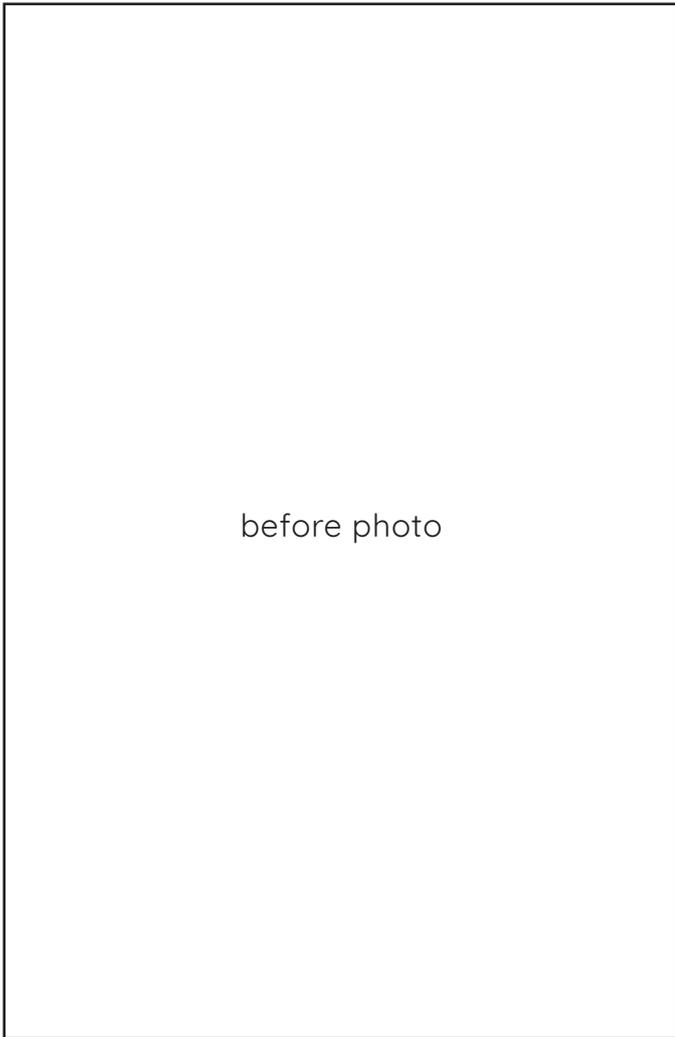
week 3:

week 4:

difference:

notes

BEFORE & AFTER



date:

weight:

bust:

waist:

arm:

hips:

thigh:

date:

weight:

bust:

waist:

arm:

hips:

thigh:

WORKOUT PLAN

date: _____

muscles group: _____

day	weights	reps	sets	time

WORKOUT SCHEDULE

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
week 1							
week 2							
week 3							
week 4							

WORKOUT PROGRAM IN GYM

Legs & glutes

- Warm up - 10-15 minutes
- Dumbbell Walking Lunges - 3 sets of 10 reps, each leg
- Barbell Hip Thrusts - 3 sets of 10 reps
- Bulgarian Split Squats - 3 sets of 12 reps, each leg
- Barbell Deadlift - 3 sets of 10 reps
- Hamstring Curls - 3 sets of 12 reps
- Take 60 to 90 seconds rest in between each set.

Arm & shoulder

- Warm up - 10-15 minutes
- Boxer Squat Punch - 3 sets of 20 reps
- Elbow Squeeze Press - 3 sets of 15 reps
- Bicep Curls - 3 sets of 15 reps
- Tricep Dips - 3 sets of 12 reps
- Dumbbell Punches - 3 sets of 15 reps
- Take 60 to 90 seconds rest in between each set.

Back & abs

- Warm up - 10-15 minutes
- Suspension Row - 3 sets of 12 reps
- Seated Cable Row - 3 sets of 12 reps
- Bent-Over Dumbbell Row - 3 sets of 10 reps
- Bicycle crunches - 3 sets of 20 reps
- Leg raise - 3 sets of 20 reps
- Take 60 to 90 seconds rest in between each set.

Stretching & cardio

- Warm up - 10-15 minutes
- Running / Incline walking - 45 minutes
- Upward Facing Dog
- Downward Facing Dog
- Pigeon
- Head-to-Knee Forward Bend
- Forward Bend

notes

WORKOUT PROGRAM IN GYM

Legs & glutes

- Warm up - 10-15 minutes
- Backward Lunges - 3 sets of 15 reps, each leg
- Glute Bridge - 3 sets of 15 reps
- Squat - 3 sets of 20 reps
- Donkey Kicks
- 3 sets of 15 reps, each leg
- Hamstring Curls - 3 sets of 12 reps
- Take 60 to 90 seconds rest in between each set.

Arm & shoulder

- Warm up - 10-15 minutes
- Push-up - 3 sets of 10 reps
- Inchworm - 3 sets of 10-12 reps
- Boxer Squat Punch - 3 sets / 60 seconds
- Tricep Dips - 3 sets / 45 seconds
- Dumbbell Punches (use water bottles) - 3 sets of 15 reps
- Take 60 to 90 seconds rest in between each set.

Back & abs

- Warm up - 10-15 minutes
- Reverse Snow Angels - 3 sets of 15 reps
- Dolphin Kick - 3 sets of 15 reps
- Plank - 3 sets / 3-5 minutes each
- Bicycle crunches - 3 sets of 20 reps
- Leg raise - 3 sets of 20 reps
- Take 60 to 90 seconds rest in between each set.

Stretching & cardio

- Warm up - 10-15 minutes
- Running / walking around neighborhood - 45 minutes
- Upward Facing Dog
- Downward Facing Dog
- Pigeon
- Head-to-Knee Forward Bend
- Forward Bend

notes

WORKOUT SCHEDULE

month: _____

sunday

monday

tuesday

wednesday

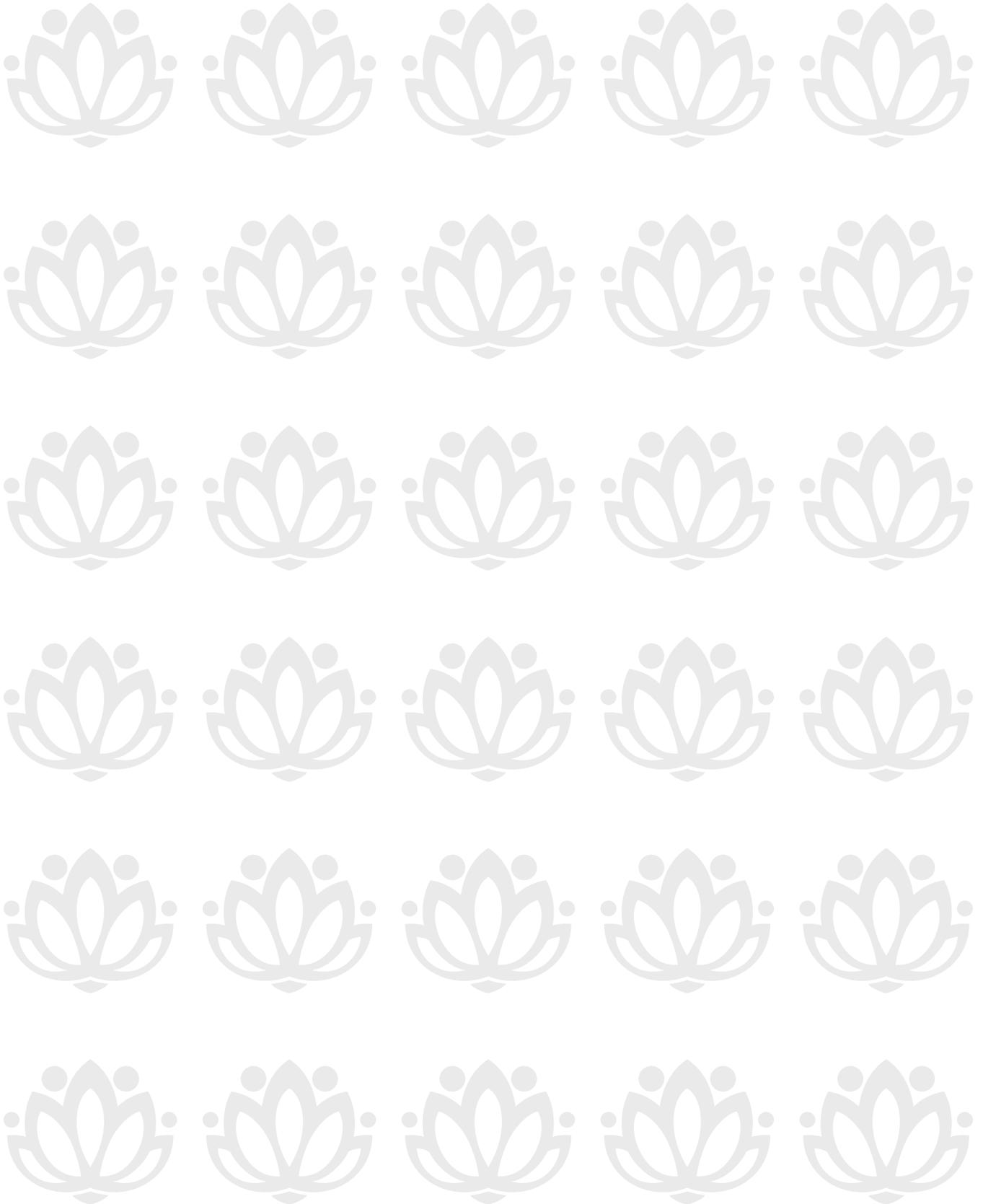
thursday

friday

saturday

notes

30 DAYS OF YOGA



HABIT TRACKER

month: _____

habit

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

MY GOAL

start date: _____

end date: _____

my goal

steps to reaching my goal

things to help me reach my goal





















notes

WATER TRACKER

month: _____

day	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
19
20
21
22
23
24
25
26
27
28
29
30
31

notes

HABIT TRACKER

month: _____

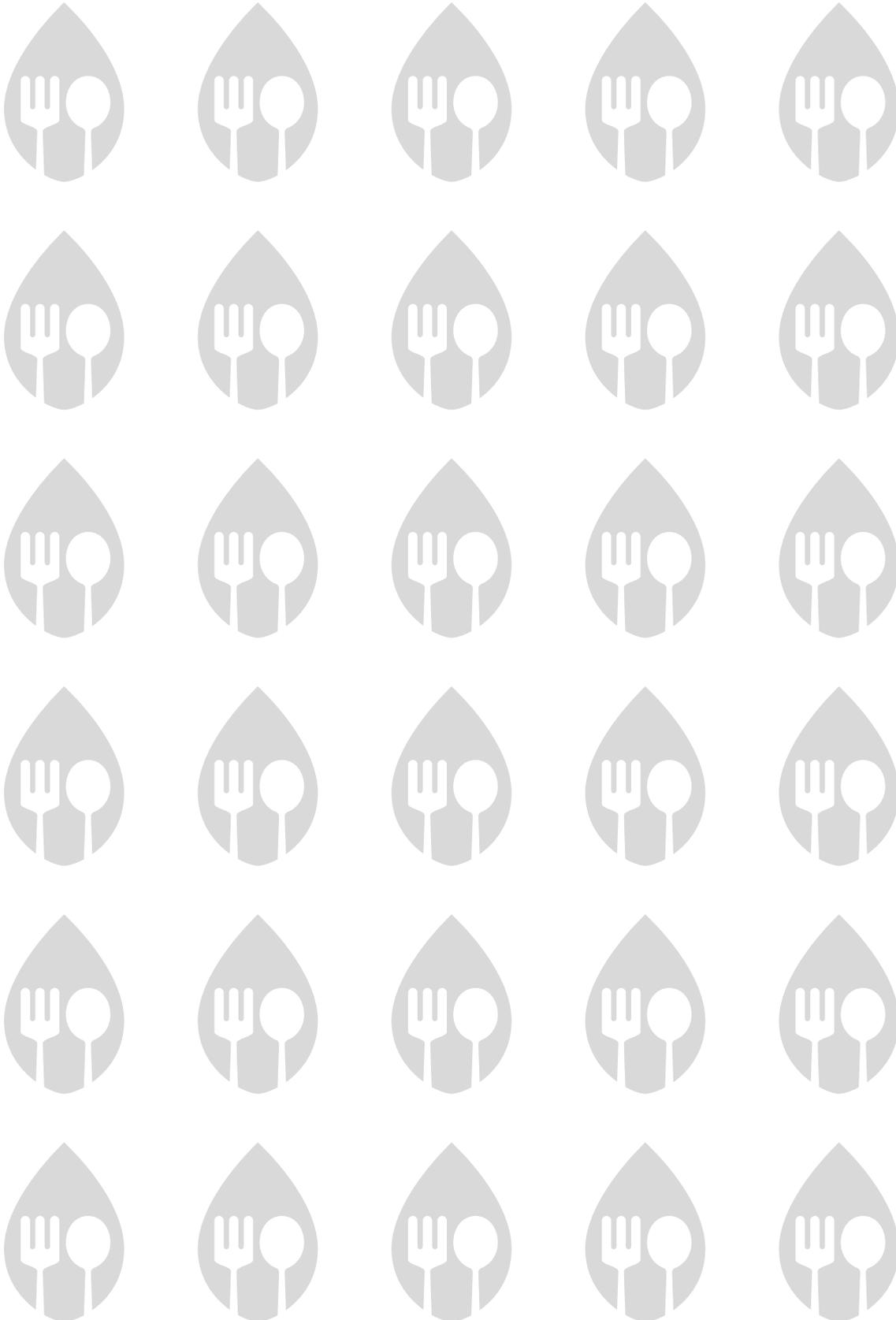
habit	time	s	m	t	w	t	f	s
_____	_____	<input type="checkbox"/>						
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habit	time	s	m	t	w	t	f	s
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habit	time	s	m	t	w	t	f	s
_____	_____	<input type="checkbox"/>						
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habit	time	s	m	t	w	t	f	s
_____	_____	<input type="checkbox"/>						
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30-DAY CLEAN EATING CHALLENGE



MY 30-DAY CHALLENGE

challenge: _____ start: _____ end: _____

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

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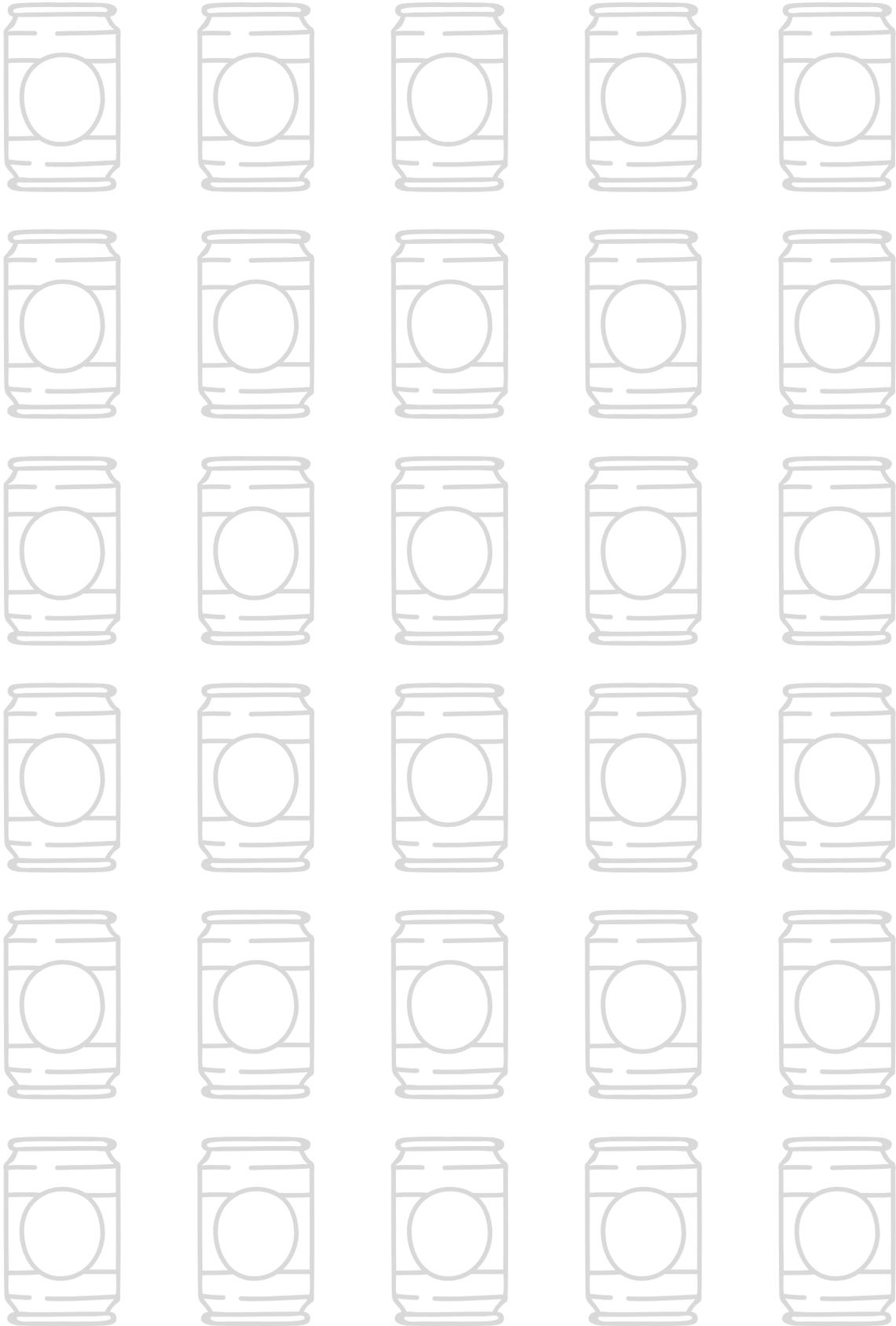
27

28

29

30

30-DAY NO SODA CHALLENGE



30-DAY CHALLENGE

start: _____

end: _____

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30

challenge

motivation

action plan

reasons

STEP TRACKER

month: _____

daily goal: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30