



FALL FUEL JOURNAL

KICKSTART THE SEASON
WITH ENERGIZING NUTRITION
AND EASY MEAL PREP

THIS JOURNAL BELONGS TO:

MODULE 1

DATE

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WHAT DO I HOPE TO
ACHIEVE BY THE END
OF THIS PROGRAM?

Brainstorm your WHY here. Get specific and go deep. Why do you want to be healthier? Why do you want to be more organized? Why do you want to reduce stress? Once you have your WHY, ask yet another time, WHY does this matter to me?

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TOP 3 GOALS

After brainstorming, choose the top 3 goals you have for yourself with this program and rank them in order of importance.

1

2

3

Throughout the program, revisit your WHY and goals frequently to keep yourself motivated and to stay the course! You got this!

MODULE 1	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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MODULE 2

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NOTES

MODULE 2	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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MODULE 3

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MODULE 3	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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MODULE 4

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MODULE 4	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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MODULE 5

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MODULE 5	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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MODULE 6

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MODULE 6	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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MODULE 7

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MODULE 7	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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MODULE 8

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MODULE 8	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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MODULE 9

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MODULE 9	FIT THE MODULES AND IMPLEMENTATION TIME INTO YOUR WEEK. LOOK AHEAD AT YOUR WEEK AND COMMIT TO MAKING TIME FOR YOUR NUTRITION.	
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