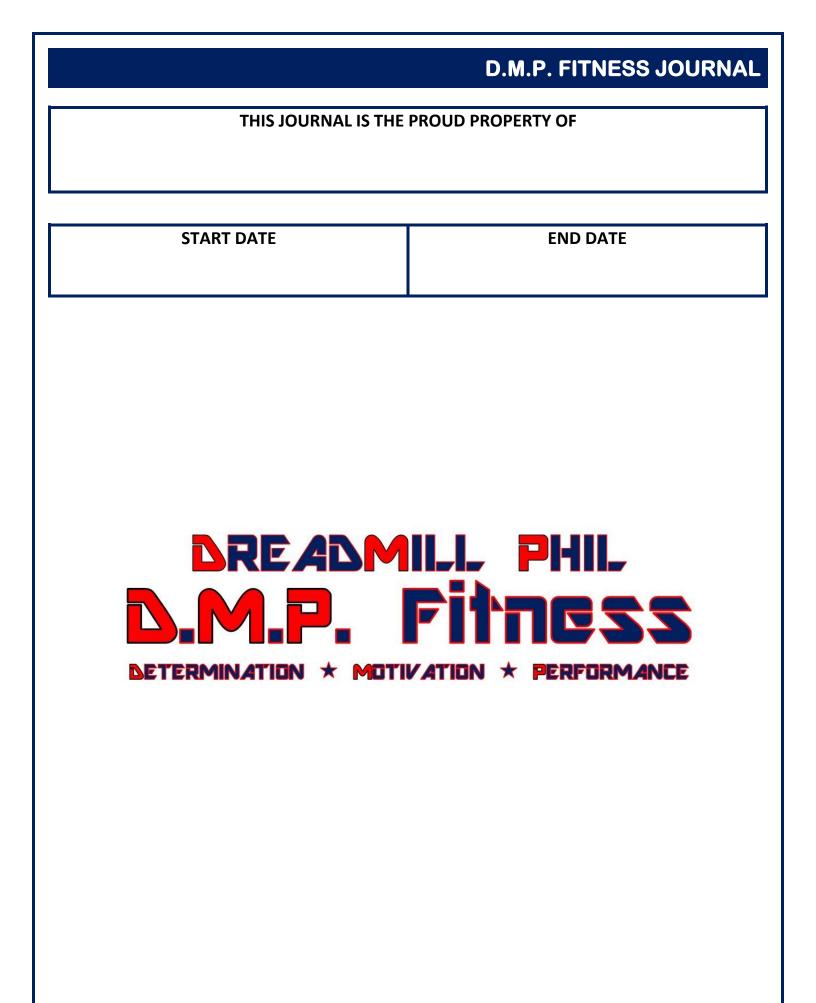
# **Three Month Fitness Journey**

DETERMINATION – MOTIVATION - PERFORMANCE WWW.DREADMILLPHIL.COM

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STARTING STATS								
WEIGHT	HEIGHT							
BODY MASS INDEX								

STARTING MEASUREMENTS							
NECK	CHEST						
RIGHT UPPER ARM	LEFT UPPER ARM						
RIGHT FOREARM	LEFT FOREARM						
WAIST	HIPS						
RIGHT THIGH	LEFT THIGH						
RIGHT LOWER LEG	LEFT LOWER LEG						

			D.M	.P. FITI	NESS J	OURNAL		
DAY OF D D WEEK SUNDAY MOND DATE		DAY WEDNES WEEK #	DAY TH		FRIDAY	SATURDAY		
U WARM UP		STRETCHING			SMR			
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DESCRIPTION OF TRAINING /	ACTIVITY	-						
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RESISTANCE / STRENGTH TRAINING									
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
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Snacks									
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Snacks Total									

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Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
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<b>Total Ounce</b>	Total Ounces:									

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	Water Intake (Water Only)									
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
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Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
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	Snacks									
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Vitamin/Supplement	Brand							

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DURATION	PACE	:				HEART	RATE	
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### **FOOD JOURNAL**

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Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
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DURATION	PACE	:				HEART	RATE	
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#### WEIGHT:

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Calories	Calories Calories Fat Carbs Protein						

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Vitamin/Supplement Amount Time Brand									

	Water Intake (Water Only)							
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	Water Intake (Water Only)							
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BREAKFAST TIME:								
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Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
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Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
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Lunch Totals								
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Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		1					
Supper Totals										
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Snacks									
Food/Beverage Time Amount Calories Fat Carbs Prot									
Snacks Total									

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

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Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

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Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals							
Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
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Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DATE			WEE	K #				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		1					
Supper Totals										
Page Totals										
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Snacks									
Food/Beverage Time Amount Calories Fat Carbs Prot									
Snacks Total									

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
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Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
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Lunch Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals							
Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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LOCATION				-		ENSITY L		
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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DURATION	PACE	•				HEART	XATL	
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
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Snacks									
Food/Beverage Time Amount Calories Fat Carbs Prot									
Snacks Total									

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

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#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
Page Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
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	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

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Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
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	STRETCHING / FLEXIBILITY / BALANCE							
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
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Lunch Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

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Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

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DURATION	PACE	:				HEART	RATE	
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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DURATION	PACE	:				HEART	RATE	
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
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DESCRIPTION OF TRAINING / ACTIVITY								
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DURATION	PACE	:				HEART	RATE	
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
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	STRETCHING / FLEXIBILITY / BALANCE							
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### **FOOD JOURNAL**

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BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
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Snacks Total									

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Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

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LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
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CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
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Lunch Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

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Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
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<b>Total Ounce</b>	Total Ounces:									

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TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
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Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
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	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
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Lunch Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
Page Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
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Lunch Totals								
	SUPI	PER TIM	E:		1			
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

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Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
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	STRETCHING / FLEXIBILITY / BALANCE							
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals							
Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
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Lunch Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DAY OF				3				
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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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DURATION	PACE	:				HEART	RATE	
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LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
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Snacks Total									

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Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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DURATION	PACE	:				HEART	RATE	
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
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STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
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#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

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Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
Page Totals								
- aye i viais								

	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
								-
CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
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🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals							
Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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🗆 WARM UP		STR	ETCHI	NG				R
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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DATE			WEE	K #				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		1					
Supper Totals										
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Snacks									
Food/Beverage Time Amount Calories Fat Carbs Prot									
Snacks Total									

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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DATE			WEE	K #				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
Page Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
Page Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
Page Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
								-
CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
Page Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals							
Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DAY OF				3				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		1					
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Snacks									
Food/Beverage Time Amount Calories Fat Carbs Prot									
Snacks Total									

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
Page Totals									
- aye i viais									

Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
								-
CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
Page Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals							
Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
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Snacks									
Food/Beverage Time Amount Calories Fat Carbs Prot									
Snacks Total									

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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DATE			WEE	K #				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
Page Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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DATE			WEE	K #				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
Page Totals									
- aye i viais									

Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals							
Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
								-
CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
Page Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
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DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		I			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

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DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
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DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
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DURATION	PACE	•				HEART	XATL	
CA	RDIOVAS		KOUT	#3				
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
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### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		1					
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Snacks									
Food/Beverage Time Amount Calories Fat Carbs Prot									
Snacks Total									

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
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DURATION	PACE	•				HEART	XATL	
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
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🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
		WGT	REPS	WGT	REPS	WGT	REPS		
	STRETCHING / FLEXIBILITY / BALANCE								
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
Breakfast Totals			<b>.</b>							
	LUN	CH TIMI	63							
Lunch Totals										
	SUPI	PER TIM	E:		I					
Supper Totals										
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

	Water Intake (Water Only)									
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
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DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2						THER		
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

	Water Intake (Water Only)									
Time	Ounces	Time	Ounces	Time	Ounces					
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
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CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING							
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
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	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals							
Calories	Calories Calories Fat Carbs Protein						

Vitamins/Supplements								
Vitamin/Supplement	Brand							

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
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🗆 WARM UP		STR	ETCHI	NG				R
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
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DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
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	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement	Amount	Time	Brand						

Water Intake (Water Only)									
Time Ounces Time Ounces Time Oun									
<b>Total Ounce</b>	Total Ounces:								

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		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CA	CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESIS	TANCE	STREN	GTH TRA	INING			
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRETCHING / FLEXIBILITY / BALANCE							
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
Page Totals									
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Snacks									
Food/Beverage	Food/Beverage Time Amount Calories Fat Carbs								
Snacks Total									

Page Totals							
Calories	Calories	Fat	Carbs	Protein			

Vitamins/Supplements						
Vitamin/Supplement	Amount	Time	Brand			

Water Intake (Water Only)								
Time	Ounces	Time	Ounces	Time	Ounces			
Total Ounces:								

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
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MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

 © COOL DOWN
 □ STRETCHING
 □ SMR

 HOW DO YOU FEEL?
 □ CRAPPY
 □ TIRED
 □ ALRIGHT
 □ GOOD
 □ AMAZING

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
Page Totals								
- aye i viais								

	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements										
Vitamin/Supplement	Vitamin/Supplement Amount Time Brand									

Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounce										
<b>Total Ounce</b>	Total Ounces:									

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
								-
CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF	SET WGT	<b>F #1</b>	SE	<b>r</b> #2	Set	t #3		
				WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE				
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER		
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE		
	LOW				🗆 INSANI		NI NAIL		

 © COOL DOWN
 □ STRETCHING
 □ SMR

 HOW DO YOU FEEL?
 □ CRAPPY
 □ TIRED
 □ ALRIGHT
 □ GOOD
 □ AMAZING

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
Breakfast Totals			<b>.</b>					
	LUN	CH TIMI	63					
Lunch Totals								
	SUPI	PER TIM	E:		1			
Supper Totals								
Page Totals								
- aye i viais								

	Snacks									
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein				
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements											
Vitamin/Supplement Amount Time Brand											

	Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounces											
Total Ounces:											

				D	.M.	.P. FIT	NESS J	OURNAL
DAY OF				3				
		UESDAY			TH	URSDAY	FRIDAY	SATURDAY
DATE			WEE	K #				
🗆 WARM UP		STR	ETCHI	NG				R
								-
CA	RDIOVAS		R TRAIL KOUT		AC	TIVITY		
MACHINE		5	🗆 RUN	I/WAL	K/B	IKE	<b>0</b>	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				]	INT	ENSITY L	EVEL	
			LOW				HIGH	🗆 INSANE
DURATION	PACE	:				HEART	RATE	
□ MACHINE	RDIOVAS(	WOR	KOUT	#2			□ 0	THER
DESCRIPTION OF TRAINI	NG / ACTIVI'	TY						
LOCATION				-		ENSITY L		
	DIG		LOW		EDI			INSANE
DURATION	PACE	•				HEART	XATL	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
		; 		I/WAL	K/B	IKE	0 🗆	THER
DESCRIPTION OF TRAINI	NG / ACTIVI	TY						
LOCATION			LOW			ENSITY L	EVEL HIGH	
							нюн	
DURATION	PACE					HEART		

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCI	SF		<b>F #1</b>	SE	<b>r</b> #2	Set	t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE			
STRETCHING		YOGA		🗆 PILA1	res	Ο ΟΤ	HER	
DURATION		TRI	TENSITY I	EVEI		UFA	RT RATE	
	LOW				🗆 INSANI		NI NAIL	

 © COOL DOWN
 □ STRETCHING
 □ SMR

 HOW DO YOU FEEL?
 □ CRAPPY
 □ TIRED
 □ ALRIGHT
 □ GOOD
 □ AMAZING

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
Page Totals									
- aye i viais									

Snacks										
Food/Beverage Time Amount Calories Fat Carbs P										
Snacks Total										

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements											
Vitamin/Supplement Amount Time Brand											

	Water Intake (Water Only)										
Time Ounces Time Ounces Time Ounces											
Total Ounces:											

			D.M.P. FI	TNESS J	OURNAL			
DAY OF D D WEEK SUNDAY MONI DATE				Y FRIDAY	SATURDAY			
U WARM UP		STRETCHING						
		LAR TRAINING ORKOUT #1			THER			
DESCRIPTION OF TRAINING	/ ACTIVITY							
LOCATION DURATION	PACE		INTENSITY MEDIUM HEAR		🗆 INSANE			
	W CLASS	LAR TRAININ ORKOUT #2			THER			
LOCATION DURATION	PACE		INTENSITY MEDIUM HEAR	🗆 HIGH	🗆 INSANE			
DURATION PACE HEART RATE CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3 MACHINE CLASS CLASS RUN/WALK/BIKE OTHER								
DESCRIPTION OF TRAINING	/ ACTIVITY							
			INTENSITY					
LOCATION DURATION	PACE		MEDIUM HEAR	T RATE	INSANE			

RESI	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXERCISE	SE	T #1	SET	<b>F #2</b>	Set	: #3			
	WGT	REPS	WGT	REPS	WGT	REPS			
STRETCHING / FLEXIBILITY / BALANCE									
STRETCHING	] YOGA		🗆 PILAI	ES	🗆 OT	HER			
DURATION	INTENSITY LEVEL HEART RA								
		DIUM	HIGH	🗆 INSANE					
🗆 COOL DOWN		STRETCH	ING		🗆 SMR				

HOW DO YOU FEEL?  $\Box$  CRAPPY  $\Box$  TIRED  $\Box$  Alright  $\Box$  Good  $\Box$  Amazing

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
Breakfast Totals			<b>.</b>						
	LUN	CH TIMI	63						
Lunch Totals									
	SUPI	PER TIM	E:		1				
Supper Totals									
Page Totals									
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Snacks						
Food/Beverage	Time	Amount	Calories	Fat	Carbs	Protein
Snacks Total						

Page Totals				
Calories	Calories	Fat	Carbs	Protein

Vitamins/Supplements				
Vitamin/Supplement	Amount	Time	Brand	

Water Intake (Water Only)					
Time	Ounces	Time	Ounces	Time	Ounces
Total Ounces:					

ENDING STATS				
WEIGHT	HEIGHT			
BODY MASS INDEX				

ENDING MEASUREMENTS				
NECK	CHEST			
RIGHT UPPER ARM	LEFT UPPER ARM			
RIGHT FOREARM	LEFT FOREARM			
WAIST	HIPS			
RIGHT THIGH	LEFT THIGH			
RIGHT LOWER LEG	LEFT LOWER LEG			