

# **Three Month Fitness Journey**

**DETERMINATION – MOTIVATION – PASSION** 

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**BLANK PAGE** 



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.I	M.P. FIT	NESS J	OURNAL
DAY OF					□ THURSDAY	FRIDAY	SATURDAY
DATE			WEEK	#			
	1 VP	🗆 S'	TRETCHIN	G		SMI	R
		wa	RKOUT #	1	CTIVITY		
MACHINI	E 🗆 C	LASS		WALK	/BIKE		THER
DESCRIPTION OI	F TRAINING / A	CTIVITY				-	
LOCATION			□ LOW		NTENSITY L DIUM [	EVEL HIGH	🗆 INSANE
DURATION		PACE			HEART	RATE	
	CARDIO		R TRAIN RKOUT #		<b>LCTIVITY</b>		
🗆 MACHINI	E 🗆 C	LASS		WALK	/BIKE		THER
DESCRIPTION O	F TRAINING / A	CTIVITY					
LOCATION			🗆 LOW		NTENSITY L DIUM [	EVEL HIGH	🗆 INSANE
DURATION		PACE			HEART	RATE	
	CARDIO		IR TRAIN RKOUT #		CTIVITY		
🗆 MACHIN	E 🗆 C	LASS		WALK	/BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			🗆 LOW		NTENSITY L DIUM [	evel ] HIGH	
DURATION		PACE			HEART	RATE	

	RESIS			GTH TRAI				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	arviji.	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	GHING /	I LEVIRI	ILITY / BA	LANCE			
		YOGA			res	🗆 от	HER	
DURATION		IN	TENSITY L	EVEL		HEA	RT RATE	
	🗆 LOW				🗆 INSANE			
COOL DOWN STRETCHING SMR								
HOW DO YOU FEI	EL? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO(	OD 🗆 A	MAZING	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals									
Calories	Calories Calories Fat Carbs Protein								

Vitamins/Supplements										
Vitamin/Supplement Amount Time Brand										

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

			D	.M.P. FIT	NESS J	OURNAL	
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY	
	9	🗆 STR	ETCHING			8	
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY			
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER	
DESCRIPTION OF T	RAINING / ACTI	VITY					
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE	
DURATION	PA	CE		HEART			
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY			
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER	
DESCRIPTION OF T	RAINING / ACTI	VITY					
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE	
DURATION	PA	CE		HEART	RATE		
	CARDIOV		TRAINING / KOUT #3	ACTIVITY			
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER	
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE	
DURATION	PA	CE		HEART	RATE		

	RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3		
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS		
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE				
	L	YOGA			ſES	🗆 ОТ	HER		
DURATION		TAT	TENSITY I	EVET		UF	RT RATE		
DURATION	□ LOW						MINALE		
	COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING		

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Lunch Totals								
	SUPI	PER TIM	E:					
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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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

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MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
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	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

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BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
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Lunch Totals										
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Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

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DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

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#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
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Lunch Totals								
	SUPI	PER TIM	E:					
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Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

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DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
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DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

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BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
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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 Ounces									
<b>Total Ounce</b>	es:								

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DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
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	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
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DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

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#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
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Food/Beverage Time Amount Calories Fat Carbs Pro										
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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									
<b>Total Ounce</b>	es:								

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DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
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DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

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#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
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	Snacks									
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Page Totals							
Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

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DAY OF WEEK SUNDAY DATE		TUESD		ESDAY	□ THURSDAY	FRIDAY	SATURDAY
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	CARDIO		ORKOUT #		ACTIVITY		
MACHINE		LASS	🗆 RUN	/WALI	K/BIKE		THER
DESCRIPTION OF T	RAINING / AC	TIVITY					
LOCATION				-	NTENSITY I DIUM	EVEL HIGH	🗆 INSANE
DURATION	1	PACE			HEART		
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		LASS	🗆 RUN	/WALI	K/BIKE		THER
DESCRIPTION OF T	RAINING / AC	TIVITY					
LOCATION				_	NTENSITY L DIUM	EVEL HIGH	🗆 INSANE
DURATION	1	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		LASS		/WALI	K/BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION				_	NTENSITY I DIUM [	EVEL HIGH	
DURATION	1	PACE			HEART		

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		Γ#1		Г #2		t #3	
		WGT	REPS	WGT	REPS	WGT	REPS	
		<u></u>						
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE			
STRETCHING		YOGA			ſES	🗆 OT	HER	
DURATION	□ LOW		TENSITY I		🗆 INSANE		RT RATE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
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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	Fime Ounces Time Ounces Time Oun										
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DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
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RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
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DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

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<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
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Lunch Totals										
	SUPI	PER TIM	E:							
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Page Totals										

	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						

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Time	Fime Ounces Time Ounces Time Oun										
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MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
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LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
Supper Totals										
Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
Supper Totals										
Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
Supper Totals										
Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
Supper Totals										
Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
Supper Totals										
Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
Supper Totals										
Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
Supper Totals										
Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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										
<b>Total Ounce</b>	Total Ounces:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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									
<b>Total Ounce</b>	es:								

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

	RESIS			GTH TRA				
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:									
Food/Beverage	Amount	Calories	Fat	Carbs	Protein				
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -						
	LUN								
Lunch Totals									
	SUPI	PER TIM	E:						
Supper Totals									
Page Totals									

	Snacks									
Food/Beverage Time Amount Calories Fat Carbs Pro										
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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	🗆 ОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:											
Food/Beverage	Amount	Calories	Fat	Carbs	Protein						
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -								
	LUN										
Lunch Totals											
	SUPI	PER TIM	E:								
Supper Totals											
Page Totals											

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											
Total Ounces:											

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING										
TYPE OF EXE	RCISE		T #1		Г #2		t #3			
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS			
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE					
	L	YOGA			ſES	ПОТ	HER			
DURATION		TAT	TENSITY I	EVET		UF	RT RATE			
DURATION	□ LOW						MINALE			
COOL DOWN STRETCHING SMR										
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING			

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	Snacks									
Food/Beverage   Time   Amount   Calories   Fat   Carbs   Prote										
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>	es:									

			D	.M.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY
	9	🗆 STR	ETCHING			8
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY		
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE
DURATION	PA	CE		HEART		
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY		
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER
DESCRIPTION OF T	RAINING / ACTI	VITY				
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE
DURATION	PA	CE		HEART	RATE	
	CARDIOV		TRAINING / KOUT #3	ACTIVITY		
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER
DESCRIPTION OF T	RAINING / ACTI	VITY			-	
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE
DURATION	PA	CE		HEART	RATE	

RESISTANCE / STRENGTH TRAINING							
TYPE OF EXE	TYPE OF EXERCISE SET #1 SET #2						t #3
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE		
	L	YOGA			ſES	ПОТ	HER
DURATION		TAT	TENSITY I	EVET		UF	RT RATE
DURATION	□ LOW						MINALE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

#### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

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

Page Totals								
Calories	Calories Calories Fat Carbs Protein							

Vitamins/Supplements									
Vitamin/Supplement Amount Time Brand									

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

				D.M	.P. FIT	NESS J	OURNAL
DAY OF WEEK SUNDAY DATE	MONDAY			DAY TH	URSDAY	FRIDAY	SATURDAY
u warm u	P	□ ST	RETCHING				R
CARDIOVASCULAR TRAINING / ACTIVITY							
	CARDIO		R TRAININ RKOUT #1	NG / AU			
□ MACHINE □ CLASS □ RUN/WALK/BIKE □ OTHER					THER		
DESCRIPTION OF T	RAINING / AC'	TIVITY					
LOCATION			<b>LOW</b>	INT MED	ENSITY L	EVEL HIGH	🗆 INSANE
DURATION	P	ACE			HEART	RATE	
	<b><i><u>a</u></i></b>						
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #2							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			INTENSITY LEVEL				
DURATION	P	PACE			HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3							
MACHINE		ASS	🗆 RUN/W	/ALK/E	BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			<b>LOW</b>	INT MED	'ensity l IUM [	EVEL HIGH	
DURATION	P	ACE			HEART	RATE	

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		Set #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
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	LUN	CH TIMI	<b>-</b> -				
	LUN						
Lunch Totals							
	SUPI	PER TIM	E:				
<b>a -</b>							
Supper Totals							
Page Totals							

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
	WN		STRETCH	ING				
HOW DO YOU FEE	L? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING	

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:										
Food/Beverage	Amount	Calories	Fat	Carbs	Protein					
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -							
	LUN									
Lunch Totals										
	SUPI	PER TIM	E:							
Supper Totals										
Page Totals										

	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	Fime Ounces Time Ounces Time Oun										
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL		
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY		
	9	🗆 STR	ETCHING			8		
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY				
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b>	.evel ] HIGH	🗆 INSANE		
DURATION	PA	CE		HEART				
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY				
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER		
DESCRIPTION OF T	RAINING / ACTI	VITY						
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE		
DURATION	PA	CE		HEART	RATE			
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3								
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER		
DESCRIPTION OF TRAINING / ACTIVITY								
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE		
DURATION	PA	CE		HEART	RATE			

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	🗆 ОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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											
<b>Total Ounce</b>	es:										

			D	.M.P. FIT	NESS J	OURNAL	
DAY OF WEEK SUNDAY DATE	MONDAY	U TUESDAY	U WEDNESDAY WEEK #		FRIDAY	SATURDAY	
	9	🗆 STR	ETCHING			8	
	CARDIOVA		TRAINING / KOUT #1	ACTIVITY			
MACHINE	🗆 CLA	SS		K/BIKE	0 0	THER	
DESCRIPTION OF T	RAINING / ACTI	VITY					
LOCATION			-	INTENSITY I E <b>DIUM</b> [	.evel ] HIGH	🗆 INSANE	
DURATION	PA	CE		HEART			
	CARDIOVA		<b>TRAINING /</b> KOUT #2	ACTIVITY			
🗆 MACHINE	🗆 CLA	SS		K/BIKE	0 🗆	THER	
DESCRIPTION OF T	RAINING / ACTI	VITY					
LOCATION			-	INTENSITY I E <b>DIUM</b> []	EVEL	🗆 INSANE	
DURATION	PA	CE		HEART	RATE		
	CARDIOV		TRAINING / KOUT #3	ACTIVITY			
MACHINE	🗆 CLA	SS	C RUN/WAL	K/BIKE	0 0	THER	
DESCRIPTION OF TRAINING / ACTIVITY							
LOCATION			-	INTENSITY I E <b>DIUM</b>	EVEL HIGH	INSANE	
DURATION	PA	CE		HEART	RATE		

RESISTANCE / STRENGTH TRAINING								
TYPE OF EXE	RCISE		T #1		Г #2		t #3	
	KUIJE	WGT	REPS	WGT	REPS	WGT	REPS	
	STRET	CHING /	FLEXIB	ILITY / Bł	LANCE			
	L	YOGA			ſES	ПОТ	HER	
DURATION		TAT	TENSITY I	EVET		UF	RT RATE	
DURATION	□ LOW						MINALE	
COOL DOWN STRETCHING SMR								
HOW DO YOU FEE	HOW DO YOU FEEL? 🗆 CRAPPY 🛛 TIRED 🗆 ALRIGHT 🗆 GOOD 🗆 AMAZING							

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:								
Food/Beverage	Amount	Calories	Fat	Carbs	Protein			
<b>Br</b> eakfast Totals	LUN	CH TIM	<b>-</b> -					
	LUN							
Lunch Totals								
	SUPI	PER TIM	E:					
Supper Totals								
Page Totals								

	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 WEEK SUNDA DATE	Y MONDAY		WEDNESDAY WEEK #		FRIDAY	SATURDAY
	UP	□ ST)	RETCHING			R
						-
	CARDION		R TRAINING / RKOUT #1	ACTIVITY		
MACHINE		ASS	🗆 RUN/WAL	K/BIKE		THER
DESCRIPTION OF	FRAINING / ACT	<b>FIVITY</b>			2	
LOCATION				INTENSITY I E <b>dium</b> [	LEVEL	🗆 INSANE
DURATION	P	ACE		HEART		
	CARDIO		R TRAINING / RKOUT #2	ACTIVITY		
MACHINE		ASS	🗆 RUN/WAL	K/BIKE		THER
DESCRIPTION OF	FRAINING / ACT	<b>FIVITY</b>				
LOCATION				INTENSITY I EDIUM	LEVEL ] HIGH	🗆 INSANE
DURATION	P	ACE		HEART	RATE	
CARDIOVASCULAR TRAINING / ACTIVITY WORKOUT #3						
MACHINE		ASS	🗆 RUN/WAL	K/BIKE		THER
DESCRIPTION OF TRAINING / ACTIVITY						
LOCATION				INTENSITY I EDIUM	level ] HIGH	
DURATION	P	ACE		HEART	RATE	

	RESISTANCE / STRENGTH TRAINING						
TYPE OF EXE	RCISE	Γ#1		Г #2		t #3	
		WGT	REPS	WGT	REPS	WGT	REPS
	STRET	CHING /	FLEXIB	ILITY / BA	LANCE		
STRETCHING		YOGA			ſES	🗆 ОТ	HER
DURATION	□ LOW		TENSITY I		🗆 INSANE		RT RATE
COOL DOWN STRETCHING SMR							
HOW DO YOU FEE	EL? 🗆 CRAI	PPY 🗆	TIRED		HT 🗆 GO	OD 🗆 A	MAZING

### **FOOD JOURNAL**

#### WEIGHT:

BREAKFAST TIME:					
Food/Beverage	Amount	Calories	Fat	Carbs	Protein
Breakfast Totals					
Dicakiast i Utais	LUN	CH TIM			
Lunch Totals					
	SUPI	PER TIM	E:		1
Supper Totals					
Page Totals					

	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:							

ENDING STATS						
WEIGHT	HEIGHT					
BODY MASS INDEX						

ENDING MEA	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						