

TECHNICALLY FIT THE JOURNAL



Created By Sean Colins

Technically Fit: The Journal

In the book *Technically Fit: Sedentary to Strong* you discovered a great deal about the importance of journaling. This is **your** journal. This will be the story of how you got from the beginning of your path, to achieving your goal. There are some easy to follow, intuitive design hints in the journal so you'll know exactly where to put your measurements, food intake, water intake, mood, sleep quantity and quality and more. In measurements add your weight, but consider also adding your BMI, your resting heart rate, your blood pressure and other data points. This process can be emotionally challenging, so the biggest space is designed for your mood and feelings, but you can also write down how you feel the day after a big work out, which body parts hurt or feel stronger, etc. Pay special attention to how the journal reveals your food allergies and your metabolism speed by cross referencing your food intake with your measurements one two or three days later. That can be a game changer.

You will get the best results from this journal first by using it, and second by how much detail you pour into it.

You will find that you are putting a lot of effort towards achieving your goals. There's a lot to remember to do and a lot to keep track of, but you can do it. This journal is intended to give you the space to open up and write everything down to get you to your goals.

I believe in you. You can do this!



LEGEND:



Date



Goal



Measurements



Food



Workouts



Hydration



Sleep



Mood































































Congratulations on completing a month of the Technically Fit process. If you have not yet reached your goal, you can purchase additional journals at Amazon.com, or download and print additional journals at no cost by visiting the Technically Fit page on the Creative Technology Management website.

<https://creativetechmanagement.com/technically-fit>