

#FITFABFEB2020

DAILY WORKBOOK

MEALS:

BREAKFAST

LUNCH

DINNER

SNACKS

PRIORITIES- MY GOAL

HOW DID I MOVE MY BODY TODAY

WORDS TO LIVE BY

SOUL TIME

WHAT DID I DO FOR MY MIND & SOUL TODAY

WATER

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5 THINGS I'M GRATEFUL FOR TODAY

WINS & CHALLENGES

WHAT WENT WELL
WHAT CAN I IMPROVE ON

NOTES